

106 H. When flooded with fear do it afraid.

So once again, these pages are for informational purposes, not medical advice, so please be sure to see physician to rule out medical issues.

Fear is very real, often even helpful, but also for many can bring devastating, life changing actions, due to thoughts, or feelings, that have gotten out of control & manifested into irrational panic disorder.

So, through a flood of brain & thought retraining, this can be eased & for many overcome & used for good, by taking control of all the thoughts & lies, that have unconsciously been believed & have turned normal thoughts & feelings, into irrational fears, that have been embedded within a person's psyche, before realizing it.

Fear, for many, can be manifested from something in our past, that caused us to doubt our abilities, but when we take control of doubts, as well as fears, we are freed from the past, as it cannot go into the future with us, unless we drag it there. Isaiah 54:4 tells us that when we aren't afraid & trust God with our fears, we won't go back to the fear of the past, anymore & will be freed from it.

Fear can be irrational & still be real, but with time, work, understanding & patience, it can be overcome. 1st by realizing that it is a thought, which can be changed through learning, that it is okay to be afraid, as long as you don't let it limit life, So when you're afraid to do something, that isn't dangerous, then do it afraid, as fear cannot harm you, it may feel differently, but feelings can't harm you, so do it afraid, to let your mind see & learn that you can do it.

Remember Ephesians 6:12,13 says, we wrestle not against flesh & blood, but against principalities, against powers, & rulers of the darkness.

To stand against evil, 2Corinth.10:4,5,7 says, we use God's mighty weapons, not worldly weapons, to knock down the strongholds of human reasoning & to destroy all false arguments, casting down arguments, bringing every thought into captivity, to the obedience of Christ, as all who belong to Christ, must recognize that those who are battling fears, belong to Christ also. So as a believer, run to the Father, seeking His wisdom to combat the fear & pray for His peace to fill your mind.

Now don't condemn, push, or rush anyone, believer, or not, who faces these fears, help them to see that it is okay & that you are willing to help them to work through them, as long as they want to move forward, to relieve these feelings & thoughts.

Now even without this fear, life will still have its challenges & anxiety will rise up at times, just like it does for all, but you will learn to walk right through it, as you used to do, before you started paying so much attention to natural internal feelings related to the fight, flight, freeze & I will add "or ignore" thoughts & feelings, as anxiety is just a state that we all move through, just like a period of grief, or sadness, except some people, that go through a period of anxiety, sometimes get stuck in the fear of the fight, flight, freeze phase & then end up believing, that this living in anxiety, is a part of who they are.

Again this happens when, for some reason, perceptions of threats become exaggerated & perceptions of the ability to cope are lost, due to inaccurate thought processes, such as panic, which causes a misinterpretation of bodily sensations, like increased heart rate, shaking, heavy breathing, hot flashes, tunnel vision & thinking these are signs of

danger, when they are not & if not dealt with in a healthy manner, realizing feelings are not bad, then they can cause dysfunctional coping strategies, such as avoidance behaviors, which is where one needs to develop new strategies & ideas, to reinforce new positive views & rebuild trustable self confidence, through pushing oneself beyond any self made comfort zones, maybe even using self coping cards to remind oneself of realistic conditions & conclusions.

We all need to see anxiety for what it is, as its not dangerous & we all must stop engaging in avoidance & boldly face the fears proactively & more accurately appraise the false threats & learn to turn off all false alarms, from misinterpreted feelings, while modifying irrational thinking patterns, to be healed, or changed.

So again, lets ask God together to hear our pleas, as He has promised that where 2 or more are gathered in His name, that He would be there with them, so lets believe that the creator of the universe & mankind, stands on His word, as we ask Him to teach us to better trust & stand on His promises, as we work through this healing & share it & bring it it as many pre healed hurting people as we can, together, amen.