**Edward Church- PHOBIAS -No Longer Terribly Afraid Isa 41:10 pt 2**

**Misunderstood…**criticized**…**ridiculed**? Do you have a** persistent**,** irrational **fear that just won’t** go away? **It’s** excessive**, out of** proportion **to the** actual **degree of** threat**, and it’s affecting** every **area of your** life**—**curtailing **activities and** suffocating **joy. People in this** ditch **are deathly** afraid**,** huddled **in a corner,** fearful **that** no matter **how high the ditch** walls**, they** won’t escape **the** threat**. Whether it’s a formidable** fear **of** elevators**,** spiders, or something **else, one thing is certain: God wants to** empower **you to** move **from the** pandemonium **of** panic **to** peace**.**

*“Do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand”* **-Isa 41:10**

 **What Are Key Contributors to Irrational Fear?**

**Phobias do not** appear **in a** vacuum**. Something set you up to be** controlled **by** fear**, and** something **serves to** trigger **that** fear**. The** setup **occurred in the** past**…while the** trigger **occurs in the** present**. Here are the Key Contributors to F-E-A-R:**

* **(F)ormer** Experiences **Are** Typically**…**
* Traumatic **Experiences**:

Childhood **Sexual Abuse or Rape, Car Accident, or Death of a Loved One**

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* **Scare** Tactics **Used on You by** Others**:**

 **Threats of Violence by a Parent, Sibling 0r Others, Fear-Producing Pranks, Movies**

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* **Caused by an** Underdeveloped **Sense of Self-**Worth**:**

 **Neglect,** Criticism**, Ridicule, Poor School** Performance

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* **Parents or Family Members** Displaying **Excessive** Fear**:**

**A** Father **Who was a Constant** Worrier **a Mother Who Was** Fearful/ Overprotective

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**Analyze the** Reason **for Your Fear…Then Tell Yourself the** Truth **about the** Past/ Present**.**

*“Surely you desire truth in the inner parts; you teach me wisdom in the inmost place”* **-Psa 51:6**

* **(E)motional** Overload
* **Denying** Feelings**:**

 *“I must* ***not*** *show my pain.” “I must* ***not*** *have any anger.”*

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* **People-**Pleaser **Mentality:** *“I must* ***keep*** *everyone happy/* ***prevent*** *anger”*

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* Internalizing **Stress:** *“I have a lot of* ***hidden*** *anxiety/ no* ***outlet*** *for venting emotions”*

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* **Strict or Perfectionist** Authority **Figures:** *“I* ***never*** *pleased my parents.” “It seemed I was* ***always*** *receiving harsh punishments.”*

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**Analyze the** Reason **for Your Fear- Let the Lord** Help **You** Heal **from Your** Hurts**.**

*“Humble yourselves, therefore, under God’s mighty hand, that he may lift you up in* ***due time****. Cast all your anxiety on him because he cares for you”* **-1 Pet 5:6-7**