

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. 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

Exchange Panic for Peace—Focus On Psalm 23

The Lord **wants to lead you** out of **fear** and into **faith, trusting** in His **strong, protective hand** rather than the **flimsy** refuge of your **fear-lined ditch walls**. The **path** to recovery **begins** with **focusing** on the **Lord** rather than the **object** of your **fear**. Then **peace, not panic, will rule your life**.

Verse 1: *“The LORD is my shepherd, I shall not be in want.”*

- **Imagine a grassy pasture** in which the **Lord is** with you.
 - **Slowly say** five times, *“The Lord is my Shepherd.”*
 - **Each time you say that**, emphasize a **different word**:
- ✓ **The Lord is my Shepherd. The Lord, The Lord is, The Lord is my The Lord is my Shepherd.**

Verse 2: *“He makes me lie down in green pastures, he leads me beside quiet waters.”*

- **Imagine yourself lying down** beside a **calm pool** of water.

Verse 3: *“He restores my soul. He guides me in paths of righteousness for his name's sake.”*

- **Take several deep breaths** and **slowly say five times**, *“My Shepherd restores my soul.”*
 - **Each time you say that**, emphasize a **different word**:
- ✓ **My Shepherd restores my soul. My Shepherd, My Shepherd restores, My Shepherd restores my, My Shepherd restores my soul.**

Verse 4: *“Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.”*

- **Realize that you are not trapped**.
 - **Slowly say**, *“I will fear no evil...the Lord is with me.”*

Verse 5: *“You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows.”*

- **Repeat five times**, a **different word**:
- ✓ **The Lord is my Protector. The Lord, The Lord is, The Lord is my, The Lord is my Protector.**

Verse 6: *“Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever.”*

- **Thank the Lord** for the way He will **use** each **fearful situation** for **good** in your **life**.

My Prayer for Peace

Dear God, I thank You that You are my Shepherd. You guide me, You protect me, and You give me Your peace. You are the One who restores my soul. You know my weaknesses and the times I've caved in to fear. Now, in my weakness, I will choose to rely on Your strength. You are my Shepherd. I am choosing to rely on Your power to move from fear to faith. As I turn my fear over to You, use it for good in my life to remind me of my continual need for You. In Your Holy Name I pray. Amen.

If you Focus on your Fear, your Panic will Increase...Focus on your Faith, your Heart will be at Peace.

Note: For serious phobic reactions, the process of desensitization is almost always used in combination with medical help.