

Defeat/ Fear Cycle

A Defeat/ Fear Cycle is a Cycle or pattern of loss or defeat or captive to fear. Living in a bad place and unable to break the self-imposed chains that continual hold us back. It causes us to doubt ourselves and all those who could help us get past these chains.

Daily Confession

I Refuse to Live By...

- **Fear- 2 Timothy 1:7 (KJV)⁷** For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.
 - Dominated by Current Situations
 - Based on Real Threats
- **Phobias- 2 Corinthians 10:4-5 (AMP)⁴** For the weapons of our warfare are not physical [weapons of flesh and blood], but they are mighty before God for the overthrow *and* destruction of strongholds,⁵ [Inasmuch as we] refute arguments *and* theories *and* reasonings and every proud *and* lofty thing that sets itself up against the [true] knowledge of God; and we lead every thought *and* purpose away captive into the obedience of Christ (the Messiah, the Anointed One),
 - Dominated by Surrounding Situations
 - Based on an Unreal/ exaggerated Threat / Fear
- **Anxiety- Philippians 4:6-7 (NLT)⁶** Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.⁷ Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus
 - Dominated by Future Situations
 - Based on Perceived Threats
- **Paranoia- Jeremiah 17:9-10 (MSG)** "The heart is hopelessly dark and deceitful, a puzzle that no one can figure out. But I, GOD, search the heart/ examine the mind.
 - Dominated by Current People Perceptions
 - Based on Personal Insecurities

✓ **Isaiah 26:3 (NLT)³** You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!

Romans 8:18-25 (NASB77)

¹⁸ For I consider that the sufferings of this present time are not worthy to be compared with the glory that is to be revealed to us.

²⁵ But if we hope for what we do not see, with perseverance we wait eagerly for it.

- **There is a light at the end of the tunnel- and be assured it is not the train**

Romans 8:18-25 (AMP)

¹⁸ [But what of that?] For I consider that the sufferings of this present time (this present life) are not worth being compared with the glory that is about to be revealed to us *and* in us *and* for us *and* conferred on us!

²⁵ But if we hope for what is still unseen by us, we wait for it with patience *and* composure.