

**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 Or 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*