**Edward Church- *PHOBIAS* -No Longer Terribly Afraid Isa 41:10 pt 4**

**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**.**

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