



UNSHACKLED:

**Freedom from the pain of the Past
Part 3**

Philippians 3:12-14

“I don't mean to say that I have already achieved these things or that I have already reached perfection. But I press on to possess that perfection for which Christ Jesus first possessed me. No, dear brothers and sisters, I have not achieved it, but I focus on this one thing: Forgetting the past and looking forward to what lies ahead, I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us.”

Philippians 3:12-14 NLT

Jesus, “The Wounded Healer”.

Hebrews 4:14-16; Luke 4:16-19

**We must believe that Jesus really
desires to heal and mend our
Emotional wounds!!**

Luke 4:16-19

- 1. Preach The Gospel To The Poor**
- 2. To Heal The Brokenhearted**
- 3. To Preach Deliverance To The Captives**
- 4. Recovering Of Sight To The Blind**
- 5. To Set At Liberty Them That Are Bruised**
- 6. To Preach The Acceptable Year Of The Lord**

Dealing with Fear and Anxiety.

What others have said about Fear

“Only he who can say, ‘The Lord is the strength of my life,’ can say, ‘Of whom shall I be afraid?’” – **Alexander Maclaren**

“God incarnate is the end of fear; and the heart that realizes that He is in the midst...will be quiet in the midst of alarm.” – **F. B. Meyer**

“I am inwardly fashioned for faith, not for fear. Fear is not my native land; faith is. I am so made that worry and anxiety are sand in the machinery of life; faith is the oil. I live better by faith and confidence than by fear, doubt and anxiety. In anxiety and worry, my being is gasping for breath – these are not my native air. But in faith and confidence, I breathe freely – these are my native air.”

Dr. E. Stanley Jones

“Fear knocked at the door. Faith answered. No one was there.” –

Unknown author

**“Fear is to Satan what Faith is to God
Faith does God's work Fear does
Satan's work”**

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“And since we have the same spirit of faith, according to what is written, "I BELIEVED AND THEREFORE I SPOKE," we also believe and therefore speak,”

II Corinthians 4:13

“For God has not given us a spirit of fear, but of power and of love and of a sound mind”

II Timothy 1:7

How is Fear and Anxiety Defined?

- 1) To live in terror.
- 2) To dread something.
- 3) To anticipate/expect something bad to happen.
- 4) “an unpleasant often strong emotion caused by anticipation or awareness of danger”
- 5) “to be afraid of: expect with alarm; to be afraid or apprehensive – – Merriam-Webster Dictionary
- 6) Extreme reverence or awe, as toward a supreme power.

“FEAR is the emotion of alarm in reaction to a perceived danger or threat. The danger may be real (the shadow of a burglar, a rapidly approaching car) or it may be imaginary (a shutter creaking in the breeze, a scary scene in a movie), but the perception is real and defined.”

“ANXIETY is a more general, long-term feeling of uneasiness, a vague perception of threat that go away. It maintains the body at a low level of alert. Fear brings on a rush of adrenaline; anxiety is like a slow drip of adrenaline. When alertness is called for, this ready-to-act anxiety can provide energy and creativity, but over the long haul, it puts a strain on both mind and body.”

“Anxiety can come from either the perception of an outside threat or an inner conflict.

For example, a man may feel anxiety when he passes a place he associates with painful memories of rejection.

On the other hand, a woman whose desire to share herself with another conflicts with her fear of rejection will also experience anxiety.”

Common Tormenting Fears:

- 1) Fear of Terrorism.
- 2) Fear of Flying.
- 3) Fear of Financial Ruin.
- 4) Fear of Heights.
- 5) Fear of Failure.
- 6) Fear of Rejection.
- 7) Fear of the Future.
- 8) Fear of Death.
- 9) Fear of Sickness and Disease.

Results of Fear:

- 1) Fear can Undermine your Enthusiasm for Living.
- 2) Fear can lead to Uncertainty of Purpose.
- 3) Fear kills Love – It breeds Jealousy and Suspicion.
- 4) Fear Discourages Friendships.
- 5) Fear can lead to Sleepless nights, misery and Health problems.
- 6) Fear can hinder your Potential for Success.
- 7) Fear can Kill you!

Biblical Remedies for Fear:

1) Meditate on the Word – Joshua 1:8-9.

**“And the LORD, He *is* the One who goes before you.
He will be with you, He will not leave you nor
forsake you; do not fear nor be dismayed.”**

Deuteronomy 31:8

**“Yea, 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.”**

Psalm 23:4

“The LORD *is* my light and my salvation; Whom shall I fear? The LORD *is* the strength of my life; Of whom shall I be afraid?”

Psalm 27:1

“I sought the LORD, and He heard me, And delivered me from all my fears.”

Psalm 34:4

“For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, ‘Abba, Father.’”

Romans 8:15

“For God has not given us a spirit of fear, but of power and of love and of a sound mind.”

II Timothy 1:7

“For God did not give us a spirit of timidity (of cowardice, of craven and cringing and fawning fear), but [*He has given us a spirit*] of power and of love and of calm *and* well-balanced mind *and* discipline *and* self-control.”

II Timothy 1:7 – Amplified Bible

“Let your conduct *be* without covetousness; *be* content with such things as you have. For He Himself has said, ‘I WILL NEVER LEAVE YOU NOR FORSAKE YOU.’ So we may boldly say: ‘THE LORD IS MY HELPER; I WILL NOT FEAR. WHAT CAN MAN DO TO ME?’”

Hebrews 13:5-6



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