



UNSHACKLED:

**Freedom from the pain of the Past
Part 4**

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.

“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”**

www.preceptaustin.org

**“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

“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

“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

“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.

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.”**

Psalms 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

Biblical Remedies for Fear:

- 1) Meditate on the Word – **Joshua 1:8-9.**
- 2) Receive the Baptism with the Holy Spirit and Stir up the Gift of God – **Acts 1:8; 2:1-4.**
- 3) Resist Fear in the Name of Jesus – **James 4:7; I Peter 5:6-10.**
- 4) Walk in Love – **I John 4:17-18.**
- 5) Remember you're in Covenant with God – **I Samuel 17; II Chronicles 20; John 14:27.**
- 6) Pray – **Philippians 4:4-7**
- 7) Praise and Worship God – **Philippians 4:6.**



UNSHACKLED:

**Freedom from the pain of the Past
Part 4**