

## THE EFFECTS OF FEAR

JOB 3:24

24 For my sighing cometh before I eat, and my roarings are poured out like the waters.

JOB 3:25

25 For the thing which I greatly feared is come upon me, and that which I was afraid of is come unto me.

JOB 3:26

26 I was not in safety, neither had I rest, neither was I quiet; yet trouble came.

PERFECT. FAITH\_ JEFF. IN V-6 N-11 SUNDAY\_ 63-0825E

102 In the Book of Job, It says here, "Job feared. " And what he feared, it actually happened. What brought it? His fear. That's what made it happen. His faith would have kept him from it, but his fear brought him. . . brought it to him.

He was scared it was going to happen, and it did happen. Now, if been--he knowed it wouldn't happen, it wouldn't happen. See what I mean?

103 If you're afraid when you come by the prayer line, "Maybe I just haven't got the faith sufficient"; it'll never happen, don't worry. See?

But if you know it's going to happen, it'll happen. See? See, it's a substance of something. Job had a fear that these things would come upon him, and they did. If you have a fear that your disease is going to leave you. . . or won't leave you, it won't. If you have a faith, that it will.

104 You ask any medical doctor. The first thing he'll try to get you to do, is to have confidence in the medicine he's giving you. If you haven't got no confidence in it, you better leave it alone. See? Sure! What is it then? It's faith that does the healing; it's faith that does it all the time.

I JOHN 4:18

18 There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love.

THE SCRIPTURE OVER AND OVER AGAIN WARNS US AGAINST THE WRONG FEAR

PSALM 56:4

4 In God I will praise his word, in God I have put my trust; I will not fear what flesh can do unto me.

PSALM 64:1

1 To the chief Musician, A Psalm of David. Hear my voice, O God, in my prayer: preserve my life from fear of the enemy.

PSALM 118:6

6 The LORD is on my side; I will not fear: what can man do unto me?

PROVERBS 1:33

33 But whoso hearkeneth unto me shall dwell safely, and shall be \*QUIET from fear of evil.

QUIET: sha'an {shaw-an'}

to be at ease, be at peace, rest, rest securely,

ISAIAH 51:7

7 Hearken unto me, ye that know righteousness, the people in whose heart is my law; fear ye not the \*REPROACH of men, neither be ye afraid of their revilings.

REPROACH: cherpah {kher-paw'}

Scorn, taunt, scorn, reproach (resting upon condition of shame, disgrace)

MATTHEW 10:28

28 And fear not them which kill the body, but are not able to kill the soul: but rather fear him which is able to destroy both soul and body in hell.

MATTHEW 10:29

29 Are not two sparrows sold for a farthing? and one of them shall not fall on the ground without your Father.

MATTHEW 10:30

30 But the very hairs of your head are all numbered.

MATTHEW 10:31

31 Fear ye not therefore, ye are of more value than many sparrows.

LUKE 12:32

32 Fear not, little flock; for it is your Father's good pleasure to give you the kingdom.

ROMANS 8:15

15 For ye have not received the spirit of bondage again to fear; but ye have received the Spirit of adoption, whereby we cry, Abba, Father.

II TIMOTHY 1:7

7 For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

I JOHN 4:18

18 There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love.

HEBREWS 13:6

6 So that we may boldly say, The Lord is my helper, and I will not fear what man shall do unto me.

## REVELATION 2:9

9 I know thy works, and tribulation, and poverty, (but thou art rich ) and I know the blasphemy of them which say they are Jews, and are not, but are the synagogue of Satan.

## REVELATION 2:10

10 Fear none of those things which thou shalt suffer: behold, the devil shall cast some of you into prison, that ye may be tried; and ye shall have tribulation ten days: be thou faithful unto death, and I will give thee a crown of life.

GOD. TESTIFYING. OF. HIS. GIFTS\_ HAMMOND. IN SUNDAY\_ 52-0713E

E-49 So don't fear; fear is of the devil. Everything Jesus would say, "Fear not, fear not," constantly, "fear not, fear not. " Is that right? Always, "Fear not. "

Now, God don't want you to fear; He wants you to believe. . . .

ISRAEL. AND. THE. CHURCH. 3\_ JEFF. IN IC 65-96 FRIDAY\_ 53-0327

56 Notice, and don't you underestimate Jesus Christ, either, 'cause He's the power over all powers. Don't be afraid of Satan, as long as you're in Him.

But if you're not in Him, you better tremble. But if you're in Him, not even death itself can harm you. You're free from all fear. Oh, when I think of that, I want to shout, "Hallelujah. " Amen. All right.

THE. PILLAR. OF. FIRE\_ JONESBORO. AR SATURDAY\_ 53-0509

E-19 The biggest trouble there is in the church today is a bunch of fear. People's always scared, and that's of the devil. Don't be scared. Be brave. You don't have nothing to be. . . There ain't nothing to be afraid about.

THE. WAY. TO. HAVE. FELLOWSHIP\_ CHICAGO. IL SUNDAY\_ 55-1009

E-26 That's the trouble with man tonight; that's what's the trouble with people tonight; you're scared. That's the biggest curse there is on the Full Gospel people, or any other people; is because they are afraid.

God has made the provision, but you're afraid to take His Word for it. If you was--wasn't afraid tonight, why, you would take your healing by faith, and know that God promised it, and the thing would just go plumb away from you. Afraid, scared. . . And I've noticed it.

And that's the reason I'm such a believer in healing. I know that if you can get away from that scare, and get love in its place, something's going to happen.

There's only two faculties that govern a human, and one of them is--is faith, which brings results; and the other is fear, which has no value in it at all. Faith is of God. Fear is of the devil. Fear makes you weary; fear makes you wonder.

## NOW LETS LOOK AT SOME PHYSICAL EFFECTS OF FEAR

Let us examine some documented cases that deal with fear and prove the power of the mind to bring fear into materialization. In the New York Times, July 26, 1970, an article described a four-year-old child had a bad experience with a local anesthetic for stitches taken from her forehead.

When she went to the dentist to have some baby teeth extracted, she screamed hysterically in the dentist's chair. He gave the child a sedative to quiet her for the examination. Within a few minutes after having her teeth removed, the child had a heart attack and was rushed to the hospital where she died two days later.

The autopsy found very high levels of adrenaline in her blood stream due to fear that caused her to have a heart attack. Fear

of the dentist resulted in the child's death. So we see excess fear can be catastrophic on a person's mind.

## DO SNAKEBITE VICTIMS DIE FROM VENOM OR FEAR?

In another example from Psychosomatics which means: of or pertaining to a physical disorder that is caused by or notably influenced by emotional factors.

Pertaining to or involving both the mind and the body.

The authors write about fear. "There is evidence that extreme anxiety, in the form of panic and terror, can be fatal. Eighty-five percent of the people who die from snakebite don't have enough venom in their bloodstream to account for their deaths.

Then how do they die? Researchers suggest that the terror felt by a person who receives a potentially fatal snakebite may cause heart failure. It is startling to note that NOT THE SNAKE'S VENOM,

but the fear and shock in the victim's minds and their presumed image of death associated with a snake bite causes them to have a heart attack. In short, the meaning the victim associates with the snakebite causes his death?

## CAN FEAR OF PAIN DURING CHILDBIRTH ALTER THE REPRODUCTIVE PROCESS?

The most interesting example of fear and its effects on the body can be shown in a case where the fear of pain during pregnancy

actually closed the Fallopian tubes of a woman. The patient was married at twenty and wanted to start a family right away, but after three years of trying without conception, she went to a doctor.

It was known by medical science that injury and infection can cause the Fallopian tubes to close. Dr. Flanders Dunbar, who described this case, said it is now known that: ". . . emotional crisis or shock can close these tubes just as it may make one clench one's fist. "

He stated that he found his patient's tubes closed during ovulation, but when the ovulation was over, he found his patient's tubes open again. The obvious conclusion, said Dr. Dunbar, "was that the muscles contracted involuntarily at the time of ovulation. "

The reason for the closing of the tubes was the woman's deep fear of pain associated with childbirth in her mind. These fears and images were placed in her when she was a child. Again we see the reproductive system of a woman reacting to fear's power on the mind.

There are numerous cases in medicine where fear impairs the operation of the reproduction system. Some men have become impotent due to real or imaginary fears.

AS. THE. EAGLE. STIRRETH. UP. HER. NEST\_ CHAUTAUQUA. OH SATURDAY\_ 59-0815  
E-8 Now, if you take a young woman; she'll maybe be married and--and she and her husband. And she's scared she isn't going

to have a baby. She wants one. And she's so scared she won't have it, she won't.

Because just like Job said, "The things that I've feared the most come upon me. " See? But you take that same woman. . . Now, if there's doctors, which probably is setting by, nurses. You take that same woman and let her adopt a baby, then she'll have one herself. See? It quietens her.

Now, if you haven't got enough faith, to receive it right now as a miracle, then take the adopted baby attitude. "Lord, it's mine because You promised it. I'll go from here tonight praising You just the same as I was well. " Watch what happens; you'll receive it. It has to happen; God promised it.

So, He's the infinite God. And if you can feel just a least little speck of faith that tells you that you'll be all right, you believe it. And just go on thanking Him for it.

Dr. Levine was an accomplished physician who possessed an awesome presence, and it was said that his patients literally believed every word he said.

The situation arose that one of his patient's, Mrs. S. , had tricuspid valve, the narrowing of one of the valves on the right side of her heart. She had experienced a low grade chronic heart failure, but was helped with medication.

Dr. Levine, entering the clinic with a group of trainees, warmly greeted Mrs. S. , and examined her. Upon leaving her room, he said to the young doctors, "This woman has TS. " Mrs. S. 's demeanor changed immediately. ". . . She appeared fearful and began to breathe rapidly and deeply, obviously hyperventilating.



Soon her skin was drenched with perspiration, and her pulse increased to more than 150 per minute. . . . her lungs were filling with fluid, although they were clear a few minutes earlier. . . . Dr. Lown asked her why she was so upset. She replied that Dr. Levine had said that she had TS, which she knew meant "terminal situation. "

This amused Dr. Lown initially, for he knew the acronym stood for "tricuspid stenosis," the condition of her heart valve. Mrs. S. failed, however, to be reassured by this explanation, and her congestion worsened.

Her lungs continued to fill with fluid and she lost consciousness, unable to breathe. " She died later in the day from intractable heart failure.

GOD'S. WAY. THAT'S. BEEN. MADE. FOR. US\_ JEFF. IN V-25 N-3 52-0900

9 After through the services of this week, trying to show people that there's no need of being scared. The worse thing the devil can put upon you is fear.

If you even had a cancer and didn't fear, and believed God would heal you, you wouldn't be in too bad a shape. God take care of that; if you were sick, whatever it is, if you didn't fear. . . . So fear is one of the worst things that Satan can place upon the person.

ISRAEL. AND. THE. CHURCH. 2\_ JEFF. IN IC 35-64 THURSDAY\_ 53-0326

34 One of the greatest curses on the church today is fear. Everybody's scared to death; it's "What's going to happen, who, what?"

Why, Jesus said, "Even when the fearful sights come, lift up your head and rejoice, for great. . . Your redemption's drawing nigh when these things happen. "

Thanks to the efforts of concerned scientists, we now know that fear is the greatest threat facing human beings today. It has more power than any external force or influence to profoundly affect your physical and emotional well-being over your lifetime.

A human being living in the grip of fear spends his life living a fate worse than any victim of nuclear fallout.

A recent study orchestrated by the World Health Organization examined the physical and mental ramifications of three of the biggest nuclear disasters in recent history: Chernobyl, Three Mile Island and Nagasaki and Hiroshima.

And what they found was that the greatest threat to the health of victims of these tragedies wasn't cancer. It was the insidious effects of their fear of developing cancer.

That's right. Fear posed a bigger physical threat to victims of nuclear fallout than the radiation itself.

According to John Boice Jr. , cancer epidemiologist, nuclear radiation only slightly increases your risk of getting cancer (about 1/10<sup>th</sup> the risk of smoking cigarettes).

But people fear the effects of radiation much more than they fear the effects of smoking. And as it turns out, those exposed to radiation were so afraid that they might have cancer that many did not seek treatment.

Although 99 percent of the cancers at Chernobyl (for instance) were treatable, fear made some wait until it was too late. Nuclear radiation didn't kill them, their fear did.

Anxiety attacks are perhaps the most acute physical manifestations of fear. An anxiety attack causes your heart to beat so rapidly that many rush to the emergency room. Until recently, those fears were thought to be unsubstantiated. .

But Time recently reported on a study in the Journal of the American College of Cardiology that proved that frequent acute bouts of fear and anxiety does in fact increase your risk of heart attack.

But according to Stephen Co, lecturer and founder of Pranic Healing, by the time most people feel the physical effects of fear that intensely, they have been suffering for quite some time. For most people, the constant undertow of fear they feel on a daily basis has similarly subdued physical effects.

According to a 2007 study published by the International Institute for Society and Health, living with fear over a long period of time results in reduced physical functioning. Your organ systems stop functioning at their peak.

Healthy individuals have a lower quality of life, get sicker more often and stay sicker longer. People with compromised systems suffer exacerbated effects of their illness. But as most are unaware of the cause, their weakened condition begins to feel like the status quo.

According to a 2001 study published in the Journal of Personality and Social Psychology, one of fear's sneakiest tricks is convincing us that the realm of possibility is more limited than it really is.

It causes risk avoiding behavior. It tells us that we are not good enough or smart enough and robs us of what could have been.

Fear can create the illusion that life is so small, pointless and hard to bear that some decide that it's not worth living at all. Fear of rejection makes them lonely and hopeless. Sometimes it drives them to suicide.

Those scientists studying the effects of fear on the victims of nuclear radiation found " significantly elevated rates of suicidal thinking and anxiety disorders, and rates of post-traumatic stress disorder and depression about doubled. "

And that fear, depression and suicidal thinking was passed on to their children like a deadly disease. Once raised in that culture of fear, they carried (sometimes irrational) fear throughout their daily lives; and had poorer mental and physical health because of it.

And scientists learned that people who lead fear-driven lives have children who follow suit. Fear is contagious and we transmit it to the ones we love most.

And that is perhaps one of the most compelling arguments for the dangers of fear. It not only destroys your physical and mental well-being, but that of those around you.

People can survive a tragedy, even be made stronger by it. But fear, in all of its forms, can stalk people from generation to generation unless they learn to conquer it.

How does it affect the body? The general perception is; heart palpitation, unexplained sweating, clenching of the fist and teeth, change in eye movements and face expressions and a numbed thought process. These effects are observed by all of us when we sense a dangerous stimuli.

It is one of the negative emotions and is described as the survival mechanism used by the body when it perceives threat. When the mind senses dangerous stimuli, the negative feeling of fear is provoked in the mind.

The feeling you experience when someone screams loudly in your ears or when exams approach is altogether different from the above symptoms! You would definitely experience negativity, that will show some effects on the body.

E-42 The first thing, you have to have a base for faith. That's God's Word. Well then, the man goes to school and he learns theology. He reads It, said, "God said so. " "Yes, I believe that. " He believes it here in his mind. See?

But he's got a subconscious also. And that subconscious disagrees with this. Because when he starts to do it, he's a little bit scared it won't happen, and it won't. That's right.

THE. ANGEL. OF. THE. COVENANT\_ PHOENIX. AZ MONDAY\_ 54-0301

E-9 Don't be scared. That's the reason you--you--you can't receive, is because you're afraid it won't happen. Just as. . . In your mind it's already happened. See? "Faith is the substance of things hoped for, the evidence of things not seen. "

PERFECT. FAITH\_ JEFF. IN V-6 N-11 SUNDAY\_ 63-0825E

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