

THE EFFECTS OF FEAR II

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.

[STOP]

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.

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.

EXPECTATION_ PHOENIX.AZ SUNDAY_ 54-0228A

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."

PSALM 27:1

1 ¶ A Psalm of David. 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 27:2

2 When the wicked, even mine enemies and my foes, came upon me to eat up my flesh, they stumbled and fell.

ISAIAH 41:13

13 For I the LORD thy God will hold thy right hand, saying unto thee, **Fear not; I will help thee.**

FAITH_ CHARLOTTE.NC FRIDAY_ 56-0427

E-17.....**I find out that one of the greatest hindrance that the church has got today, is that they're scared to death and... What are you scared about? That's what I'm wondering. If**

you'll just only realize, that who you are... **You don't know who you are.** You don't know who that is setting next to you. Oh, you say, "Yeah, that's my neighbor. I know. I know him all right." But he's a son of God (See? That's right.), adopted by Jesus Christ into the family. That's a daughter of God setting next to you. **And who are you? If you're a Christian believer, you're a son or daughter of God. What you scared about? No need of being scared. So that's... As long as the devil can keep you scared; that's all he wants to do; he's got you right then.**

When Jesus rose up and said, "Fear not. I am He that was dead and is alive forevermore and have the keys of death and hell..." That's right.

CAN THINKING YOU ARE DYING, CAUSE YOU TO DIE?

Let us examine a case of fear where a black man thought he was fatally shot and dying. "... *Fear had seized him with tremendous power, he shook like a leaf, he bordered on the state of collapse and death seemed imminent. Not finding any blood ... all clothes removed and, while he was being undressed, a flattened bullet fell upon the floor. The doctor exhibited the bullet to the frightened patient, explaining that he had had a miraculous escape, whereupon his countenance improved, his temperature became normal and the look of life returned to his eyes which had been fixed with the gaze of death, ...* **Thus, we see that the principle of fear totally paralyzed the man's mind.** Because he perceived that he was fatally wounded, he exhibited signs of dying. However, when the bullet was presented to him as proof that he had not been shot, **he recovered immediately and all the death causing symptoms ceased. His recuperation showed forth that death was conceived in the mind and brought into materialization,** or as Solomon said: "*For as he thinketh in his heart, so is he:...* (Prov. 23:7)."

Your body is designed to react quickly to fear, sending out powerful hormones and signals to various body systems to give you the energy to run or the power to fight. In some people, the

fear impulse goes awry, and coping mechanisms become unmanageable, resulting in a disorder that causes the body to feel the side effects of fear even when there is nothing to fear. However, even when no anxiety disorder is present, these processes will cause unpleasant physical side effects as your body works in survival mode.

Sweating

Sweating is your body's common reaction to fear. It's caused because adrenaline brings blood to the skin's surface, causing the pores to open and allowing sweat to pour out. This is in response to your body's natural desire to run from dangerous situations. Fleeing is your body's response to fear. Sweating facilitates that response, whether or not you actually flee.

Rapid Heartbeat

You may describe the rapid heart rate associated with fear as feeling like your heart is going to explode; but, in fact, your heart is just working diligently to provide as much blood as possible to help your body deal with the fear. An article at ChangingMinds.org reports that the amount of blood pumped by your heart increases fivefold during the fear response.

Weakness

Weakness is sometimes a fear response, causing your body to be unable to move or to move only with wobbly knees. This is because of the "fright" response, which causes your body to want to play dead in an effort to make it unappetizing to a predator. Weakness will usually occur only after flight and fight responses are in place and your body has perceived them to not be working.

Consequences of Fear on the Human Body

According to studies, fear of spiders, cockroaches, height, water, enclosed spaces, needles, tunnels, public speaking and terrorism

are some of the most common ones among the general community. The brain is the controlling structure of human existence. *Amygdala*, located in the temporal lobes of the brain, is the key brain element that controls the processing of negative emotions. Rapid changes are observed in this structure when the body is exposed to the stimuli it fears. There are also other brain structures that show response when exposed to fear. The response shown by the body is controlled by another structure called the nervous system. These changes in the amygdala and other brain structures are reciprocated by the body through the common signs; goose bumps, increased heartbeat rate, sweating, elevated blood pressure, insomnia, difficulty in digestion, are the visible effects on the body. **Constant fear and living under stress also affects the mind negatively giving invitation to a whole lot of diseases.**

Fear is natural to humans, but let it not affect your mind, as it is nothing but the body's natural response to stimuli. It can be quite difficult to cope with extreme cases of fear, those which are classified as phobias. But even overcoming phobias is not an impossible thing. Conditioning the mind, meditation and counseling are some of the best ways to overcome fear and phobia of any kind.

THERE ARE 530 DOCUMENTED PHOBIAS

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."

ISRAEL.AND.THE.CHURCH.4_ JEFF.IN IC 97-128 SATURDAY_ 53-0328

26 **The greatest thing that I find against the church tonight is fear;** everybody's scared to death about something. What are you scared about? If a man's borned again, **he should be happy, carefree**, just like these fellows singing up here, and the brother testifying back there, just free. There ain't nothing can harm you. Nothing present, nothing future, nothing can separate us from the love of God that's in Christ. God has promised.

THE.WATER.OF.SEPARATION_ CHICAGO.IL FRIDAY_ 55-0121

E-15 I used to oftentime wonder what's the matter with the Christian church, they're so scared of things. Why, **you've got nothing to be scared about. The first word nearly Jesus said after the resurrection, "Fear not." See, don't fear. Don't get scared. There ain't nothing going to happen. Nothing can happen. Nothing can bother a Christian. Amen. Not even death itself can even touch the Christian.** "He that heareth My words, and believeth on him that sent Me, hath Everlasting Life, and shall not come into condemnation; but has passed from death to Life." Amen.
Death itself has no reign over a Christian. Christ died in our stead.

MY AFFIRMATION;

I REFUSE THE SPIRIT OF FEAR

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.

SOUND: sophronismos {so-fron-is-mos'}
an admonishing or calling to soundness of mind, to moderation
and self control

ROMANS 8:14

14 For as many as are led by the Spirit of God, they are the sons of God.

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.

ROMANS 8:16

16 The Spirit itself beareth witness with our spirit, that we are the children of God:

ROMANS 8:17

17 ¶ And if children, then heirs; heirs of God, and joint-heirs with Christ; if so be that we suffer with him, that we may be also glorified together.

I JOHN 4:17

17 ¶ Herein is our love made perfect, that we may have boldness in the day of judgment: **because as he is, so are we in this world.**

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.

PERFECT: teleios {tel'-i-os}
Man, of full age, brought to its end, finished; wanting nothing necessary to completeness; full grown, adult, of full age, mature

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.

FEARETH: phobeo {fob-eh'-o}

Fear, be afraid, be afraid of, to put to flight by terrifying (to scare away)

to be struck with fear, to be seized with alarm; of those startled by strange sights or occurrences;