



Shifting Limiting Beliefs **FEAR**

YOU CHANGE, THE WORLD CHANGES.

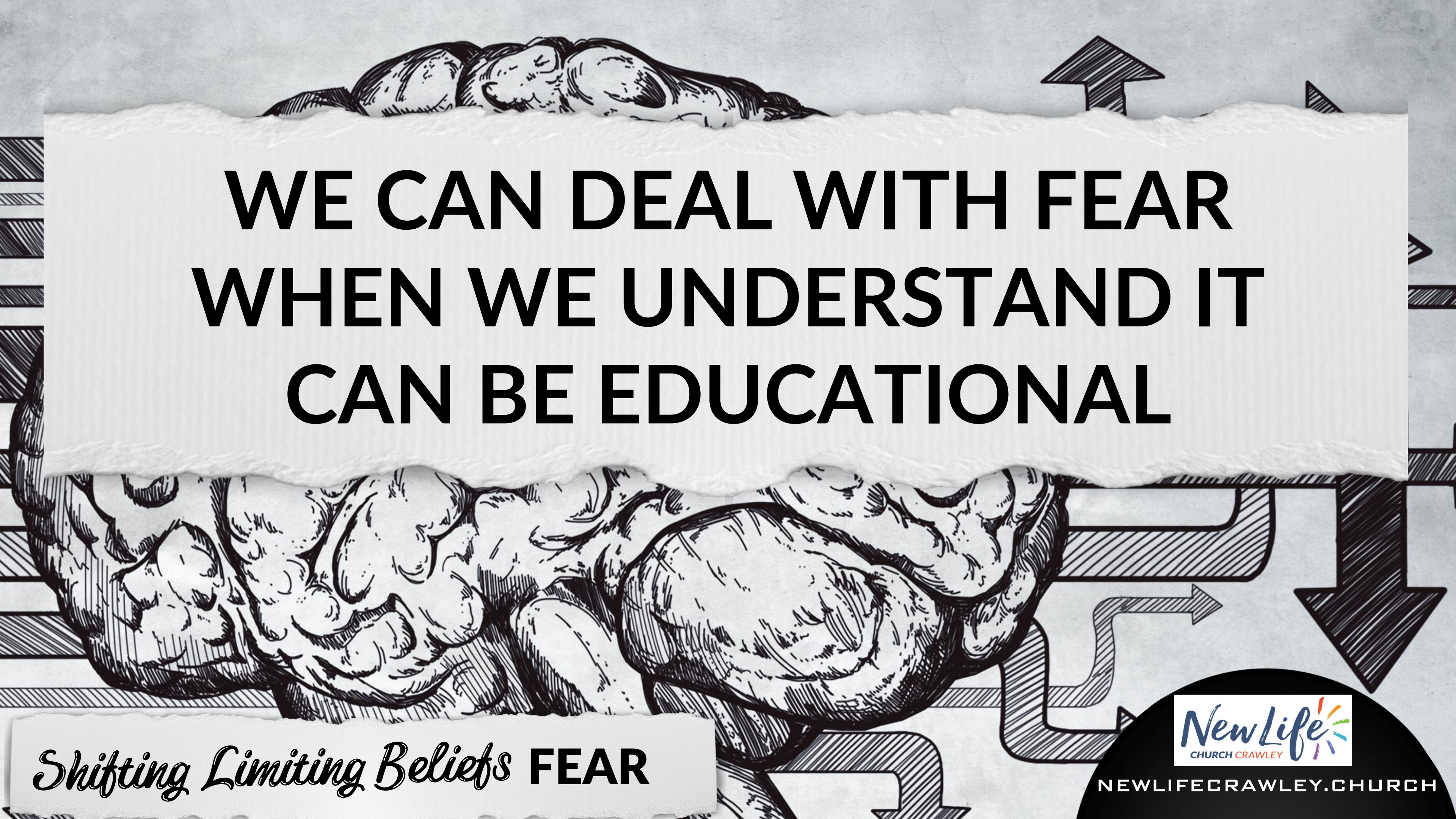
300 times in bible God says “do not be afraid”.

God knows that the fear strips us of our confidence, hijacks us in our God given purpose.

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**WE CAN DEAL WITH FEAR
WHEN WE UNDERSTAND IT
CAN BE EDUCATIONAL**

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- Fear does not have to have the final say in our lives.
- Fear can a natural human emotion designed to protect us from danger.
- Many times in people will try a “fear management” or “fear reduction” campaign
- BUT we often have blindspots

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Blind spots:

**this can be an area of
negative self talk that is
fear induced and fear
producing.**

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Casey Treat:

“You are living now with the results of what you have always believed about yourself”

- Hosea 4:6
- Dan 11:32

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A black and white line drawing of a man in a suit, looking down at a path of arrows that leads from the bottom left towards the right. The path starts as a single arrow and then splits into multiple arrows, some pointing up and some down. The man is on the left, looking towards the right. The background is a light gray with some horizontal lines on the left side.

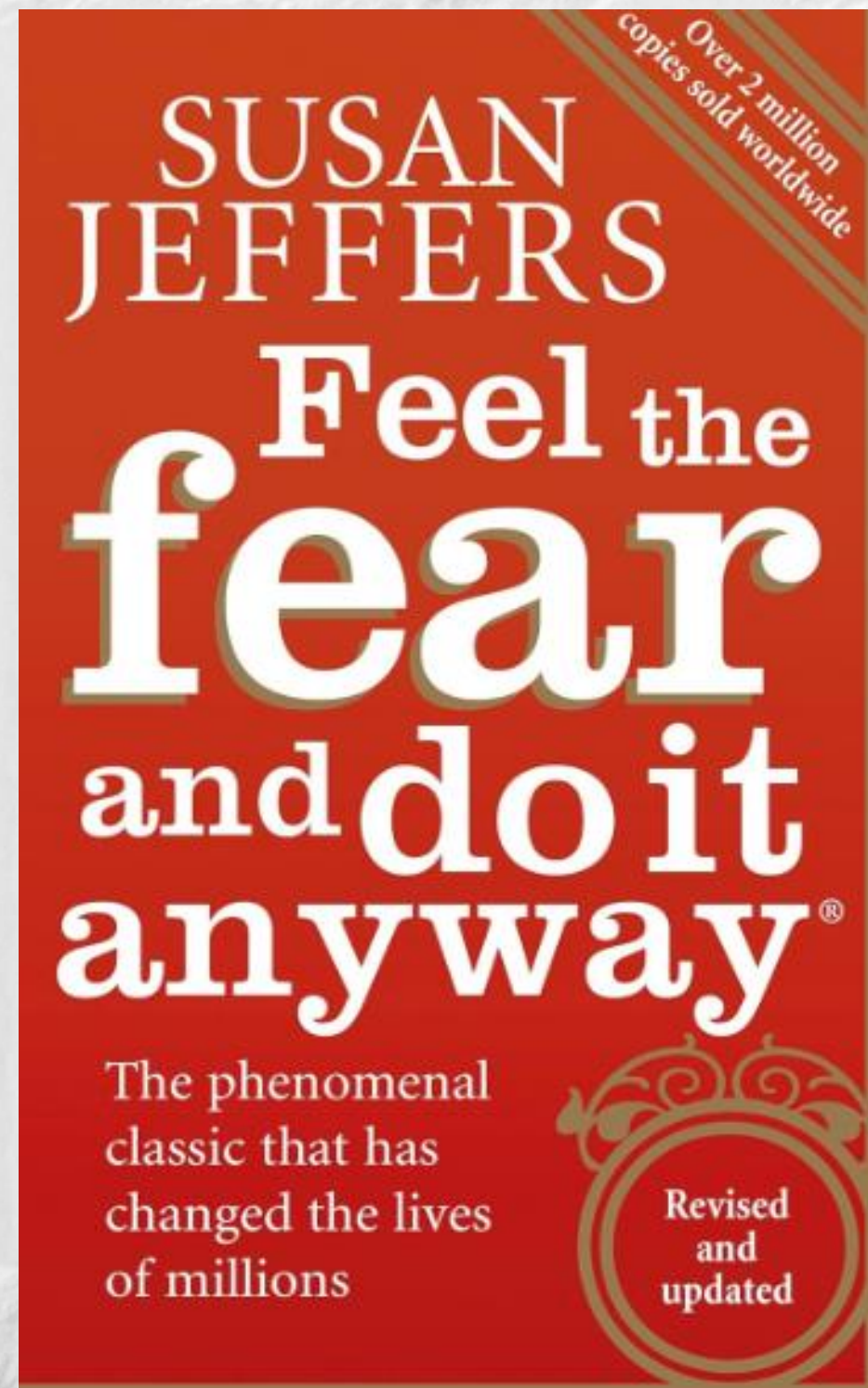
Correct knowledge and education is key:
it's what the bible also teaches.

- 2 Peter 1:5-9 *“add to...faith, knowledge...”*
- 1 Pet 2:2 *“like newborn babes...”*
- 2 Peter 3:18 *“grow in grace & knowledge...”*

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Dr Susan Jeffers

**“Feel the fear and do it anyway”
2 million copies sold**

Are you afraid of making decisions...asking
your boss for a raise...committing to a
relationship...going on an interview...public
speaking...facing the future?

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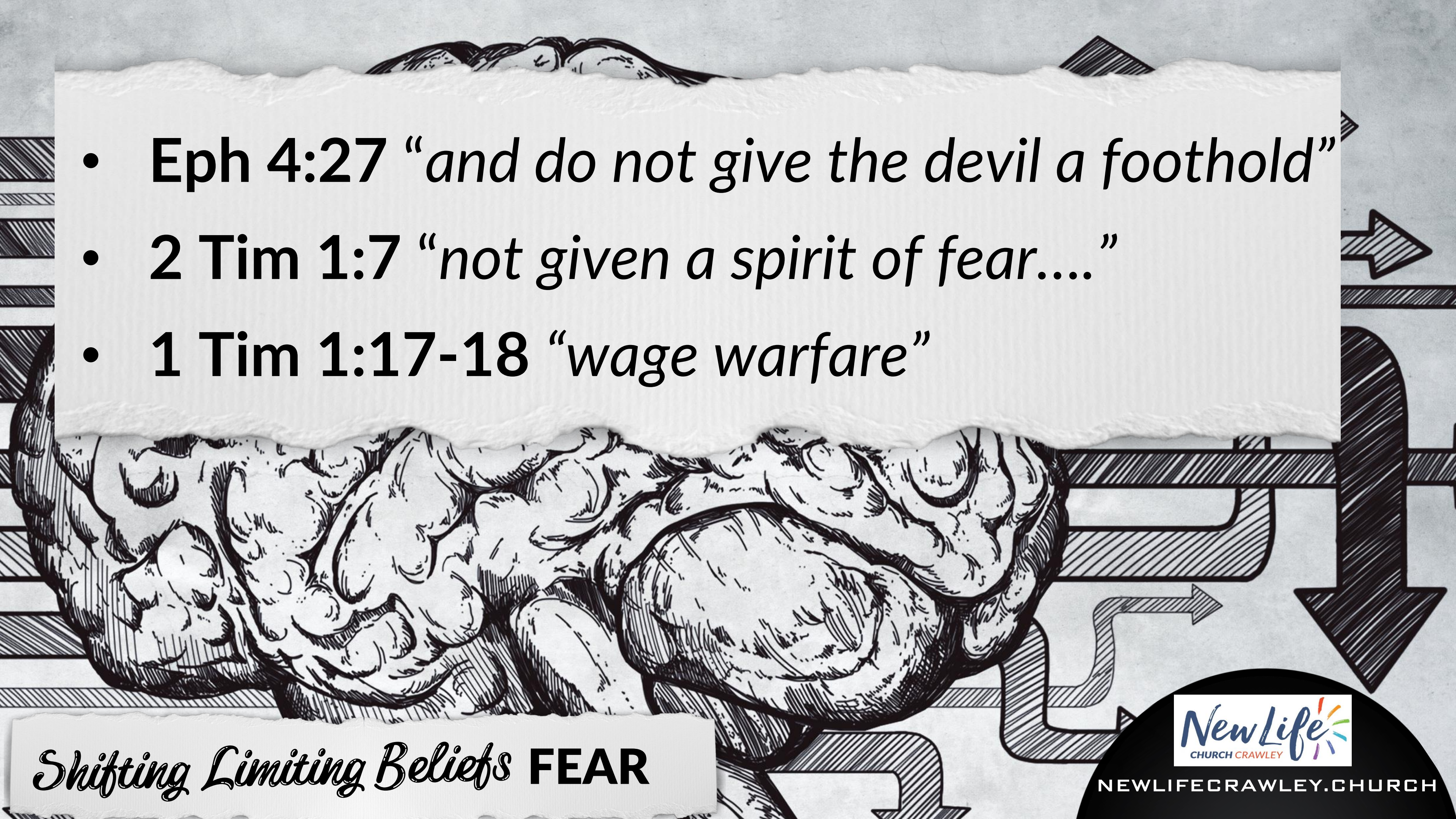


WE CAN DEAL WITH FEAR
WHEN WE UNDERSTAND IT
CAN BE SPIRITUAL

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- Eph 4:27 *“and do not give the devil a foothold”*
 - 2 Tim 1:7 *“not given a spirit of fear....”*
 - 1 Tim 1:17-18 *“wage warfare”*

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“The prophetic word that was directed to you prepared us for this. All those prayers are coming together now so you will do this well, fearless in your struggle, keeping a firm grip on your faith and on yourself. After all, this is a fight we’re in.”

1 Timothy 1:17-18 MSG Paraphrase

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**WE CAN DEAL WITH FEAR
WHEN WE UNDERSTAND IT
CAN BE OVERCOME**

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Fear can be overcome, it doesn't have to disable us, paralyse us.

- 1 Peter 5:8-9
- James 4:7
- Luke 5:4-11 (*we have a part to play*)

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QUESTION FOR YOUR LIFE:

What is God asking you to do in obedience to Him to deal with a limiting fear in your life?

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Get in the right place through REPENTANCE

- Isa 8:11-17
- Psalm 20:7
- Isa 31:1



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Areas of fears I have come across pastorally that need repentance from:

- fear of death,
- fear of failure,
- fear of rejection,
- fear of financial problems,
- fear of losing salvation fear of not being loved by God,
- fear of embarrassment
- fear of illness,
- fear of future
- fear of confrontation
- fear of specific individuals

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Get in the right place through RENEWING our minds

- Phil 2:13
- 2 Cor 10:3-5

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CONCLUSION: SO WHAT?

Prayer of repentance today from
allowing fear to have a foothold

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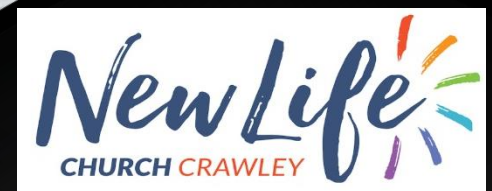
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