

Heart to Heart

Week Four – Fear and other Hindrances to Healthy Relationships; Managing Your Emotions

Fear is a foundational emotion that hides behind other emotions.

Fear is a controlling emotion, which may cause us to:

1. Lie
2. Cheat
3. Murder
4. Be addicted
5. Live in denial
6. Avoid conflict
7. Stay in unhealthy relationships

Examples from the Bible

- Eve (eating forbidden fruit) – Genesis 3
- Abraham (lying about his wife) – Genesis 12:10-13
- Peter (denial of Jesus) Luke 22:54-62
- Rich Young Ruler (couldn't give up his wealth) – Matthew 19:16-30

Root of fear = Believing the lie that what God promised won't come to pass

If **fear** is controlling your life, then **God** is not. Galatians 5:22
I Timothy 1:9; I Corinthians 5:7; Hebrews 11:1-6

We must be diligent to LET GO of our fears. **Job 3:25, 26** "What I feared has come upon me; what I dreaded has happened to me. I have no peace, no quietness; I have no rest, but only turmoil."

How to manage fear, or any other strong emotion:

1. Meditate on the Word of God.
2. Meditate on the perfect love of God.
3. Meditate on a new pattern of thinking.

1. Meditate on the Word of God

Joshua 1:6-9

Emotions take root in one or all of four ways:

- Unhealthy authority figure
- Repetition of a thought or behavior pattern
- Experiences
- Environment

Meditation re-programs our emotions and boundaries by setting NEW boundaries as it goes to *the root* of the emotion.

James 1:22-25

2. Meditate on the Perfect Love of God

1 John 4:17-18

3. Meditate on a New Pattern of Thinking

Mark 3:1-5

When God speaks and we obey, POWER is released.

2 Corinthians 4:16 and 5:7, 17

Jeremiah 17:5-10

For further study – Look for the word “new” or “renew” in the following passages...

- Ezekiel 11:19, 20; 36:26
- Isaiah 43:18, 19
- Romans 6:4; 7:6; 12:1,2
- Galatians 6:15 AVB
- Colossians 3:10
- Ephesians 4:24
- II Corinthians 4:16-18
- Psalms and Isaiah – Sing to the Lord a NEW song ...
- Isaiah 40:28-31
- Lamentations 3:22
- Revelation tells us that some day there will be a NEW heaven and a NEW earth and we will be called a NEW name, given to us by God!