



*Welcome to
Heart-to-Heart*

**Fear and other Hindrances to Healthy Relationships:
Managing Your Emotions**

Genesis 12:10-13

Now there was a famine in the land, and Abram went down to Egypt to live there for a while because the famine was severe. As he was about to enter Egypt, he said to his wife Sarai, "I know what a beautiful woman you are. When the Egyptians see you, they will say, 'This is his wife.' Then they will kill me but will let you live. Say you are my sister, so that I will be treated well for your sake and my life will be spared because of you."



ROOT of fear: Believing the lie that what
God promised won't come to pass.

“What happened to mankind emotionally as a result of the fall? For one thing, we became fearful and anxious. One of the first emotions expressed by fallen humanity was fear. Today, fear is a bottom-line emotion in our relationships and activities. A denominational executive, who spoke in our chapel service about two years ago, said, ‘As I talk with our pastors, I realize that the greatest motivation in their lives is fear of failure.’ FEAR is a result of the fall. If fear is controlling your life, then faith is not.” --Dr. Neil Anderson, *Victory Over the Darkness*

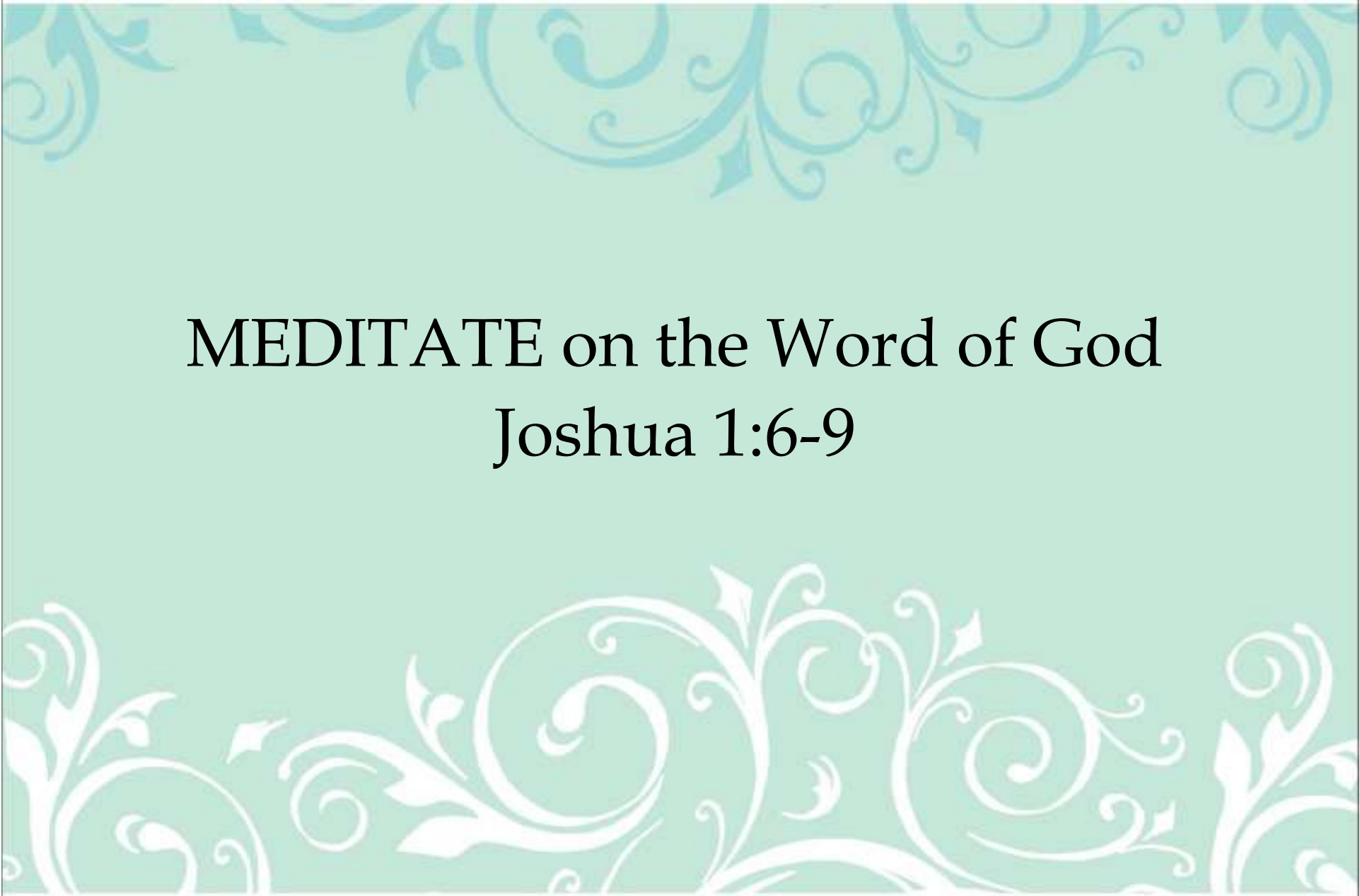
Job 3:25-26

“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.”

Managing fear, or any other strong emotion

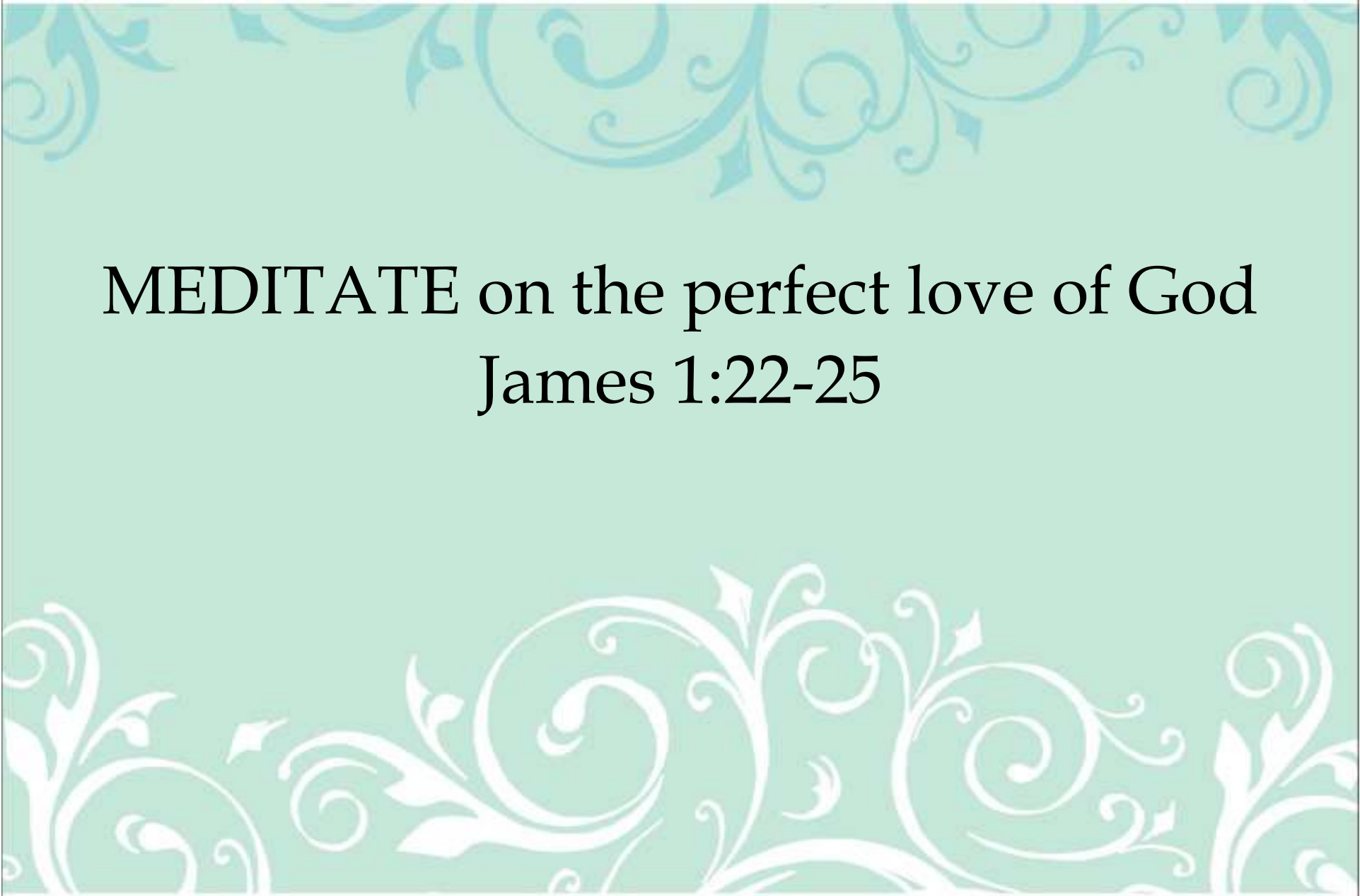
1. MEDITATE on the Word of God.
2. MEDITATE on the perfect love of God will drive away fear.
3. MEDITATE on a new pattern of thinking.



MEDITATE on the Word of God
Joshua 1:6-9

ROOT of controlling emotions:


1. Unhealthy authority figure
2. Repetition of a thought or behavior pattern
3. Experiences
4. Environment



MEDITATE on the perfect love of God
James 1:22-25

I John 4:17-18

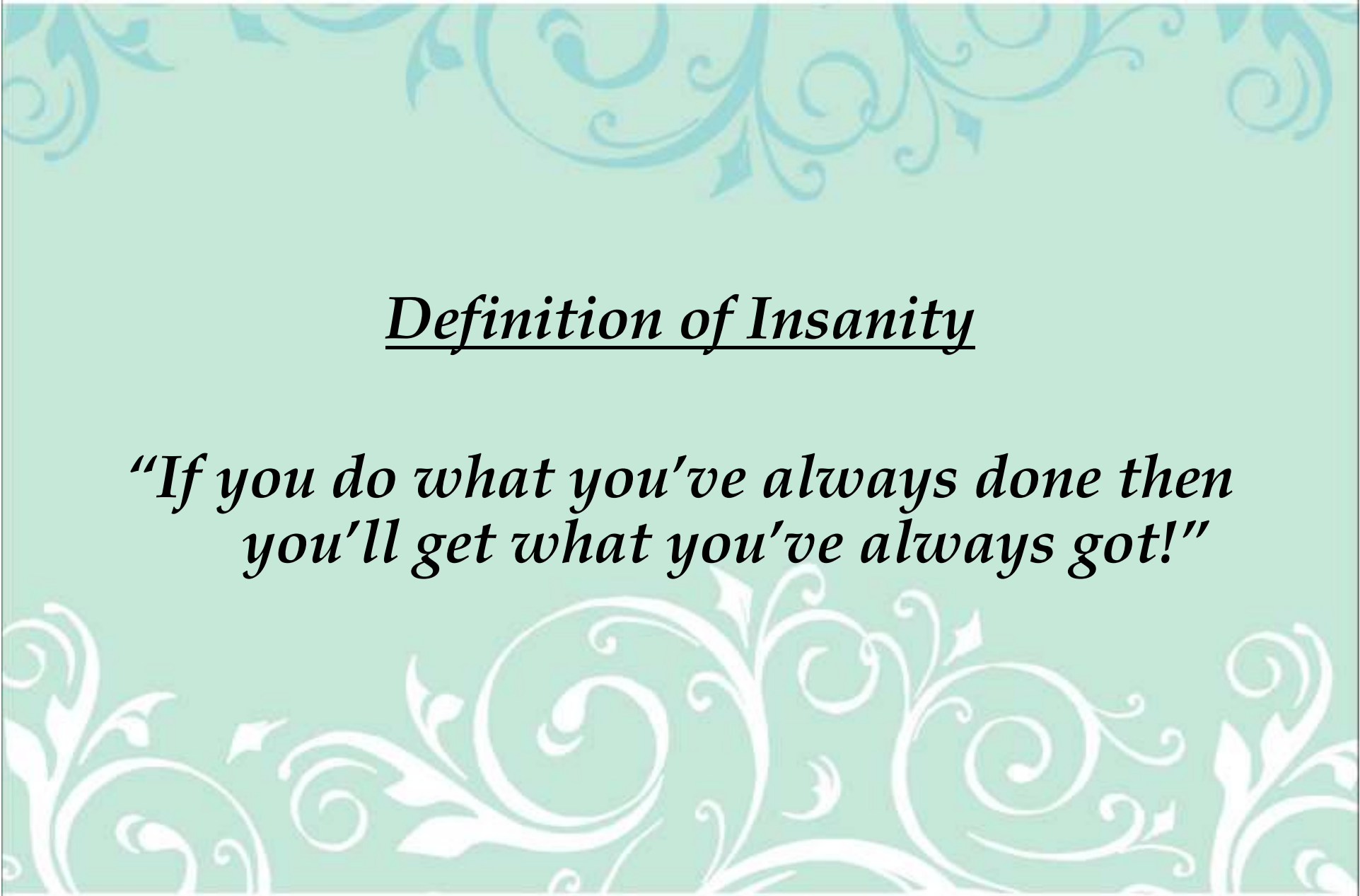
In this way, love is made complete among us so that we will have confidence on the day of judgment, because in this world we are like him. There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.



MEDITATE on a
new pattern of thinking
Mark 3:1-5

shriveled = paralyzed

When God speaks
and I obey,
POWER IS RELEASED



Definition of Insanity

*“If you do what you’ve always done then
you’ll get what you’ve always got!”*

II Corinthians 4:16

Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being RENEWED day by day.

II Corinthians 5:17

Therefore, if anyone is in Christ, he is a NEW creation; the old has gone, the new has come!

