

- I. ONE THING—The One Thing that I'd like to take away from today's class and believe God to accomplish in my life is:

II. MEDITATION

- A. Review your class notes from Tuesday.
- Take some time to think about the main ideas of the lesson. If you want to add details to your notes, you'll find the audio message on our website under the Resources tab. (www.DivineDesignDiscipleship.com).
 - Which of the scriptures referenced were particularly meaningful to you? Write out those verses below and spend some time studying them this week.
- B. Rewrite your One Thing into a prayer, expressing your heart's desire for God to make this truth become your experience.

III. PRINCIPLES

Use these principles to help you understand the complexity of fear and to find more and more freedom from this vicious enemy:

A. Chemical, Mental, and Emotional

- We are multifaceted beings: Ps 139:13-14 TPT-- You formed my innermost being, shaping my delicate inside and my intricate outside, and wove them all together in my mother's womb. I thank you, God, for making me so mysteriously complex! Everything you do is marvelously breathtaking. It simply amazes me to think about it!
- "Our ability to do things without and sense things within exists because God molded clay into an electrochemical masterpiece that makes the complexity of the most advanced computer laughable. What was his model in doing so? The answer is Himself. We are flesh and blood expressions of the divine." (David Eckman)
- God made us in His image. We share His traits!: Jn 4:25--God is spirit.
- The word for spirit, "*anarthrous*," suggests self-awareness, reflection, and will. This means God's nature includes intelligence, intention, sensation, feelings, and appetites. (Strong's)
- Fear is complex, too! It has many varieties and consists of thoughts and feelings and physiological responses.
- Fear is defined as a visceral response to threatening situations both legitimate and perceived. Fear is triggered by an identifiable stimulus.
- Anxiety is characterized by feelings of tension, worried thoughts and physical stress. Triggers are unidentified and perceived to be uncontrollable or unavoidable.
- Worry is a pattern of recurring intrusive thoughts. It may include repetitive rehearsing of ways to solve or avoid certain situations.
- Traumas (bad experiences in the past) can impact our responses in the present, including our perceptions about safety, control, and trust.
- Understanding the complexity of our nature provides us with an abundance of handles for dealing with the many faces and causes of fear.

Insights:

B. Biological and Volitional Structures

- Certain brain types are prone to worry and anxiety. Instead of unnecessary guilt and shame, we can learn effective techniques for managing fearful thinking patterns: Hos 4:6-- My people are destroyed for lack of knowledge.
- The cingulate gyrus, part of the limbic system, formulates future-oriented thinking. It organizes actions for attaining realistic goals and facilitates growth and change.
- Limbic dysfunction contributes to inflexible thinking, the tendency to get "stuck" in negative thought patterns, and difficulty learning from unpleasant experiences.
- Chronic stress or trauma can simulate or compound a structural problem.
- We may not know for sure about our particular brain structure, but we can ask Jesus for help. We can begin to recognize unproductive thought habits and to replace them with an alternative thought or picture from God's Word by His Spirit: Phil 4:8 AMP-- Whatever is true, whatever is honorable *and* worthy of respect, whatever is right *and* confirmed by God's

word, whatever is pure *and* wholesome, whatever is lovely *and* brings peace, whatever is admirable *and* of good repute; if there is any excellence, if there is anything worthy of praise, think *continually* on these things [center your mind on them, and implant them in your heart].

- Insights:

- LISTENING EXERCISE: Is there a place in your life where you are stuck in fearful or negative thinking? Write it down. Now invite to Jesus to give you a picture or a thought to replace it. Record it here.

C. Temperamental Differences

- Paul wrote as a mentor to the young pastor Timothy about his tendency toward fear: 2 Tim 1:6-7 AMP--I remind you to fan into flame the gracious gift of God, [that inner fire—the special endowment] which is in you through the laying on of my hands [with those of the elders at your ordination]. For God did not give us a spirit of timidity *or* cowardice *or* fear, but [He has given us a spirit] of power and of love and of sound judgment *and* personal discipline [abilities that result in a calm, well-balanced mind and self-control].
- Paul encouraged Timothy at least 25 times in 1st and 2nd Timothy to be bold, to stand up strong, and not to be timid and shy away from necessary confrontation.
- These exhortations suggest that Timothy's temperament was timid and maybe was even tempted to go soft on tough issues. It's possible that he feared offending and alienating others in the name of love.
- God imparted gifts to Timothy when others laid hands on him in prayer. Though not the only way He gives gifts, we are wise to recognize and pursue this opportunity especially when learning to overcome worry, doubt and fear! Jm 5:16 NIV--Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.
- Instead of passive receiving, when God gives us gifts, we're called to collaborate with Him in their use. We're to stir them up and to risk using them in tandem with the HS: 2 Tim 1:14-- Guard the good deposit that was entrusted to you—guard it with the help of the Holy Spirit who lives in us.

Insights:

D. Bonding vs. Bondage

- Our relational nature can lead us to fear. We were made for deep heart connection: Pr 4:23 NLT— Guard your heart above all else, for it determines the course of your life.
- The heart-- (Hebrew “*labe*”) the inner man including feelings, the will and the intellect. It's the place from which our lives spring forth. The heart is a gate or a fountain that determines life's course and is referred to as the fountain of life and happiness. It also serves as an exit or endpoint. (Hebrew-Chaldee Lexicon)
- Making the choice to find our primary source of connection in God impacts the way we experience and impact our world: Mt 5:8 MSG--You're blessed when you get your inside world—your mind and heart—put right. Then you can see God in the outside world.
- Research has proven that the brain is a social organ that changes and grows in response to social interaction! This process is called neuroplasticity.
- Just as infants need attachment in order to develop properly, adults need the HS to be their primary caregiver so they can grow up into the fullness of Jesus: Jn 16:13-14 NIV-- When the Spirit of truth comes, he will guide you into all the truth. He will not speak on his own. He will speak only what he hears. And he will tell you what is still going to happen. He will bring me glory. That's because what he receives from me he will show to you.
- When we enjoy good communication with others, our neurons begin to fire more rapidly than when we're alone. Our neuromapping even becomes similar over time!
- This synergy and connectivity happens vertically when the Spirit shares the thoughts of God. We begin to think and be like Him: 1 Cor 2:16-- We have the mind of Christ.
- As we enter into meaningful fellowship and worship with God and His people, we'll find comfort that we need and will begin to overcome fear and all its cronies.
- Biblical Example of Daniel: Dan 1:17-20 NIV--God gave knowledge and understanding to these four young men. So they understood all kinds of writings and subjects. And Daniel could understand all kinds of visions and dreams. The three years the king had set for their training ended. So the chief official brought them to Nebuchadnezzar. The king talked with them. He didn't find anyone equal to Daniel, Hananiah, Mishael and Azariah. So they began to serve the king. He asked them for advice in matters that required wisdom and understanding. The king always found their answers to be the best.
- We know that Daniel was a man of prayer. (Dan 6:10) This connection with God not only gave him comfort in his captivity, but it also conveyed him with blessings and benefits to those around him. His positive interaction with God impacted the world.
- All of us have times and topics when we need to connect with a trustworthy person to help us connect with our faithful and loving God:
 - Mt 11:12--The kingdom of heaven suffers violence, and the violent take it by force.
 - James 4:7-10 AMP-- So be subject to God. Resist the devil [stand firm against him], and he will flee from you. Come close to God and He will come close to you. [Recognize that you are] sinners, get your soiled hands clean; [realize that you have been disloyal] wavering individuals with divided interests, and purify your hearts [of your spiritual adultery]. [As you draw near to God] be deeply penitent and grieve, even weep [over your disloyalty]. Let your laughter be turned to grief and your mirth to dejection *and* heartfelt shame [for your sins]. Humble yourselves [feeling very insignificant] in the presence of the Lord, and He will exalt you [He will lift you up and make your lives significant].

Insights: