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Crossing the River of Fear

Fear, Stress are you ready to cross?

April 19, 2006

Healing and Teaching!

Father's Love/ Curse Causeless
Doth Not Come!
Fear, Stress and Physiology! Don't
miss it!
Crossing the River of Fear

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Blessings Child of the Most High!

Child of God, don't let people or circumstances side track you from completing the tasks I've assigned you. I'll be right beside you as you face the challenges. Don't be afraid. Be courageous. Act from a position of faith and boldness; know that wherever you go, whatever you face, I will go with you. I'll never forget you. I'll continually think of ways to help you. (From Deuteronomy 31:6)



Father's Love/ Curse Causeless Doth Not Come!



Wow Cynthia, what an awesome testimony. Thank you for sharing it with us. We love Cynthia and are so blessed by her faithfulness, her commitment not only to Journey2Wholeness meetings (She has been there since day one), but to healing! To learning " A

More Excellent Way". She is such and encourager, and special to us all. What a cheerful smile and sweet presence of God she brings

with her each week.

Restoration and healing on all three levels continue in my life and in my family's life. He is "redeeming the years the locust have stolen.

My father wanted me aborted; and two months after my birth, he left my mother, sister and brother and me. I always felt unloved, rejected and sought through perfection, performance and drivenness to be the best little girl- the most obedient- so people would love. That led to years of physical, emotional and spiritual abuse to the point that at age eighteen, I longed to die and tried to commit suicide.

Read on...(click here)

Fear, Stress and Physiology! Don't miss it!



Want to understand WHAT happens when we do not follow God's word in Philippians 4:8? Why and how you and others you know became sick. Come and Watch(yes presentation as well as teaching) and see the spirit soul body connection at work!

This Sunday we will be teaching the pathway of fear, anxiety and stress and how it affects our mind and bodies and spirit. Fear and stress is responsible for much of the physiological and biological disease people face day to day. Fear is not just an emotion. The bible calls fear at this level an evil spirit. 2 Timothy 1:7 "For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind." We see in the

Bible "fear" is a "spirit." This is an in-depth teaching showing the pathway to disease, spirit, soul and body. We will be discussing stress responses in three stages called the General Adaptation Syndrome:

Alarm

When we are surprised or threatened, we have an immediate physical reaction, often called the Fight-or-Flight reaction. This prepares the body for life-threatening situations, channeling away resources from such as the digestive and immune system to more immediate muscular and emotional needs. This leads to the immune system being depressed, making us susceptible to disease.

Resistance

As we become used to the stress levels, we initially become more resistance to disease, which leads us to believe we can easily adapt to these more stressful situations. However, this is only the immune system fighting to keep up with demands and expectations, but requires it to work at abnormally high levels.

Exhaustion

Eventually reality kicks in and our bodies give up on trying to maintain a high level of stress. Parts of the body literally start to break down and we become very unwell. If we continue to fight this situation, we may even die. When we are in stage two, Resistance, or stage 3, Exhaustion, this is where 60% to 80% of diseases come from - a spirit of fear. The number one killer is heart attacks.

The Bible says in Luke 21:26 "Men's hearts failing them for fear, and for looking after those things which are coming on the earth: for the powers of heaven shall be shaken. "

Learn why this happens and how we can come out of fear, stress and anxiety and come back to peace. When we come back to peace, our bodies and minds will heal. The ultimate goal is to grow deeper in a relationship with Christ our Lord.

Crossing the River of Fear



"These things happened to them as examples and were written down as warnings for us, on whom the fulfillment of the ages has come. So, if you think you are standing firm, be careful that you don't fall!" (1

Corinthians 10:11-12)

These are perilous times on planet earth, and you and I have been called to be profoundly effective in our sphere of influence. I feel we are not moving on with the cloudy pillar of God's glory, and I pray our eyes will be opened to any stronghold of fear.

The verse in 1 Corinthians 10 tells us to learn from the mistakes and successes of the Israelites. Many of their tangible, physical truths parallel our spiritual truths.

One of the most pronounced examples is the concept of the Promised Land. Your Promised Land is the place where your God-given gifts and talents connect with precision in a specific place, amidst a chosen generation fulfilling your purpose and calling.

Let's look at the example of Joshua, Moses' successor, challenged with leading over two million Israelites into Canaan. Joshua had already seen Canaan, but this time he would lead the adult children of those who never entered their Promised Land because of their fear and unbelief (Hebrews 3:19).

God told Joshua it was time to cross the Jordan River and enter the land that He had given to them. I believe that mighty warrior stood before God trembling over the prospect of what He was called to do. God told him repeatedly, "Do not be terrified. Do not be discouraged. I'm going to be with you wherever you go." God repeated the promise he had made to Moses." (Joshua 1:6-9)

God said, "I will give you every place you set your foot, as I promised Moses" (Joshua 1:3). Let's hear what He is saying to us. God's promise becomes ours when we move beyond fear and put our feet down to claim it.

All fear comes from unbelief, and this is what God said to me in my heart: "Fear is an emotional outburst of unbelief." We can feel fear surge through us from the tips of our toes all the way to the top of our head. We can feel it in our fingertips. And when we are suddenly overcome by fear, we also get an emotional surge of unbelief.

It is possible to protect ourselves right out of our calling; scared to go where He is sending us and to do what He has told us to do. It will never be a lack of talent, gifting, or a lack of opportunity that keeps us from being effective during our time on planet earth; it will be fear and unbelief. How tragic it would be to lie on our death bed thinking it was God who was unfaithful, because we never saw those promises fulfilled.

The Jordan represents a river of fear to you and me. God has planned more than your eye has seen, more than your ear has heard, and more than your mind can conceive (1 Corinthians 2:9). That is what God has prepared for those who love Him, but the way that plays itself out for you is on the other side of that river of fear.

"Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go." (Joshua 1:9)

We must learn to trust God at His word, step out in faith, and cross that river of fear.

This Week Read the story of Joshua's brave leadership in crossing the Jordan in Joshua 2-4. God is calling us to bravery as well. He will be with us as we boldly stand against fear or unbelief and claim our Promised Land.

Prayer "Father, I want to cross the river of fear that keeps me from fulfilling your purpose for my life. I will set my foot down against unbelief and go forward in faith toward all You want to accomplish through me."

Beth Moore

Last Week we did kick many of those FEARS OUT!! But now lets understand about protein synthesis, and all that happens to us if we allow that pattern of thinking and lifestyle to continue. Remember the memory has to change, the NEW habit must be made!!!! Don't forget Hosea 4:6

I know when I sat and watched how the physiology worked (bodysoulspirit) I just cried and repented OH my Lord! When I understood what went into play every time I allowed myself to worry, fear, and stay under high and frequent stress, what I was allowing and doing to myself! I had to be able RECOGNIZE it early, and take RESPONSIBILITY for it. This made an incredible impact on my life that showed me how to take a new path of "A MORE EXCELLENT WAY" of healing and peace forever in him. This week this scripture came alive to me and I pray it will help you. Exodus 14:14 Don't forget to watch Pastor Henry on Sid Roth this week. The links for it are in this newsletter if you want to watch it on your computer.! wow!

Jehovah Shalom, Deborah

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