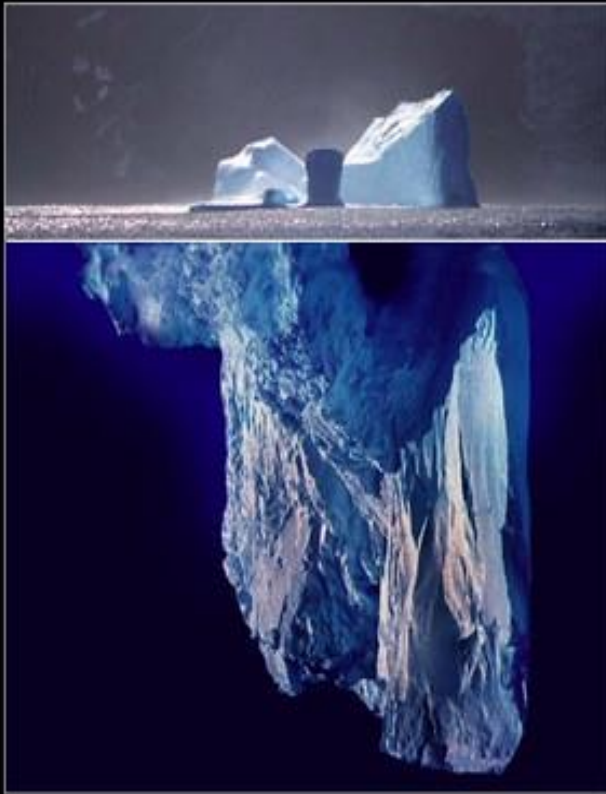




Overcoming Fear

Pastor Vern Peltz
12-13-20



5%

Conscious brain activities

95%

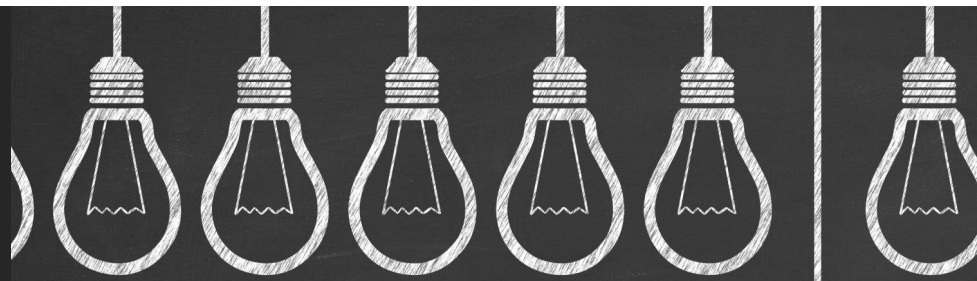
Unconscious brain activities



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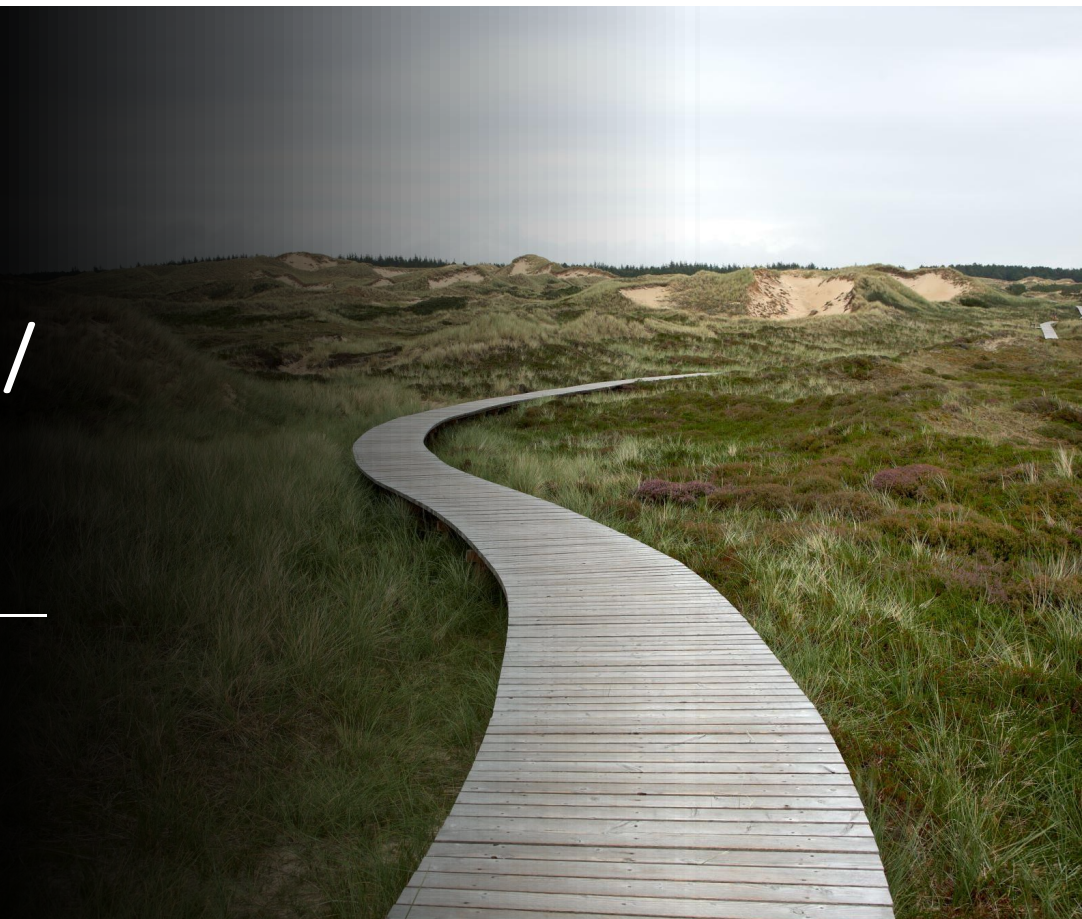
95% of what goes on in our thinking processes we are unaware of.



- why we think the way we do
- our attitudes and motives
- our emotions
- The beliefs that cause us to make decisions
- our behaviors
- our peace, joy, affection, perspectives, gentleness, kindness, love etc.

95% of our faith, and our fears, we are unaware that we are operating in them.

**STEPS TO
OVERCOMING /
GETTING FREE
OF FEAR**



**From God's
perspective:
Getting free
from fear is:**

1) A Choice we make.

- > We choose to be in Fear.**
- > To be free, we choose to not Fear.**

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- > Finding the truth on the subject / issue**
- > Replacing the lie we're believing with the truth**

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3) Which flows out of our relationship with God and what we truly believe about him and what he has said.

**James
2:17
(NIV)**

[17] In the same way, faith by itself, if it is not accompanied by action, is dead.

A. This is true of "Fear Faith".

- 1. It is followed by / accompanied by certain actions.**
- 2. These actions reinforce the fear of your brain/soul/subconscious.**

B. This is also true of "Fearless Faith".

- 1. It is followed by / accompanied by certain actions.**
- 2. These actions reinforce the fearlessness of your brain / soul / subconscious.**

Forming “Fearless Faith”.

The steps to Overcoming Fear.

#1. We
must make
the choice

to recognize our fears

to admit we have them

to pursue freedom from
them

**#2. Then
we discover
the lie the is
perpetrating
the fear.**

a. That must be replaced with truth.
b. To do that we must renew the mind /
confront the:

- > Feelings
- > Thoughts
- > Pictures

(Subconscious Communication)

- > Arguments, Theories, Reasonings
- > Proud and Lofty things that are against
"Fearlessness"
- > Lead every Thought & Purpose away captive
- > Make them Obedient to Christ (the
Anointing)

(2 Corinthians 10:5)

**#3 - Draw the strength and ability to do that from
our knowledge of / relationship with God**

#4. Conform ourselves to “Fear Not”, “Do Not Be Afraid”

Romans 12:2 (NIV)

[2] Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

a. Conforming to the pattern of the world or to the pattern of God's Kingdom starts with the mind.

#5. To do that, we join works / actions with our Newly Formed Beliefs.

**#5. To do that,
we join works /
actions with
our Newly
Formed Beliefs.**

**a. Verbal Agreement /
Declarations with the
new beliefs.**

**b. Verbal Disagreement /
Declaration with the Fear
beliefs.**

**#5. To do that,
we join works /
actions with
our Newly
Formed Beliefs.**

**c. Disobey the
- Old Beliefs
- The Fear**

**d. Do the opposite of
what they are telling
you to do.**

**#5. To do that,
we join works /
actions with
our Newly
Formed Beliefs.**

**e. Forced Obedience to the
New Beliefs /Declarations.**

**Expose yourself to the thing
you Fear.**

- Can be an “All-At-Once”
approach.
- However, science has
shown that for most people
an
“Incremental” approach
better.

**#5. To do that,
we join works /
actions with
our Newly
Formed Beliefs.**

**f. Reinforce your
Successes.**

- Verbally
- Rewards
- Re-engage
(Do it again)

**#5. To do that,
we join works /
actions with
our Newly
Formed Beliefs.**


**g. Re-address the
failures.**

- Verbally**
- Reinforce the new
beliefs**
- Re-engage (Face the
Fear by physical action
again)**

****** This renews the mind /
grows and expands the new
neurons in the brain.**

**It will reinforce the Truths of
“Fearlessness” (Courage)
and move you into Freedom.**


How do we get to know God?



**The relational
answer to
Freedom of
Fear**

1 John 4:16-18 (NIV)

[16] And so we know and rely on the love God has for us. God is love. Whoever lives in love lives in God, and God in him. [17] 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. [18] 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.



How do we build relationship with anyone?

1. Spend time with them.
2. Be interested in them and their life.
3. Be increasingly open and honest about yourself.
 4. Listen.
 5. Share.
 6. Be Real.

