

Saying Yes to God

~Things That Hold Us Back~

Fear of Something Bad Happening
and Getting Hurt

1. Change
2. Loneliness
3. Failure
4. Rejection
5. Uncertainty
6. Something Bad Happening
7. Getting Hurt
- 8.
9. Inadequacy
- 10.

**1. We want to avoid
pain.**

2014 Study by Giles Story

The fear and anxiety
people had anticipating
pain was actually way
worse than when they
actually felt it.

2. Loss of Control

Psalm 46:10

**Be still and know that
I am God.**

John 16:33

**In this world you will
have tribulation. But
take heart. I have
overcome the world.**

**3. Satan capitalizes
on our fear.**

1 Peter 5:8

Be on your guard and
stay awake. Your
enemy, the devil, is like
roaring lion, sneaking
around to find
someone to attack.

**1. Acknowledge God
is in Control**

Job 1:21

Naked I came from my
mother's womb and naked
I will depart. The Lord
gave and the Lord has
taken away; may the
name of the Lord be
praised.

Job 13:15

**Though He slay me,
yet will I hope in Him.**

Job 27:3-4

As long as I have life
within me, the breath of
God in my nostrils, my
lips will not say anything
wicked and my tongue
will not utter lies.

**We need to be willing
to let go.**

And let God be God.

2. Fear doesn't change
anything.

Matthew 6:27

Can any one of you by
worrying add a single
hour to your life?

3. Take Captive Every Thought

2 Corinthians 10:5

We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

Learning with Neuroplasticity

Create & Strengthen Neural Pathways



Carve pathways



Add new pathways



Strengthen with
Practise



Strong pathways stay
Weak ones fade away

Philippians 4:6

Do not be anxious about anything but in every situation, by prayer and petitions with thanksgiving, present your requests to God. And the peace of God which transcends all understanding, will guard your hearts and minds in Christ Jesus.

2 Timothy 1:7

For God has not
given us the spirit of
fear; but of power
and of love, and of a
sound mind.

4. I can do all things
through Christ.

Philippians 4:13

I can do all things
through Christ who
gives me strength.

Philippians 4:12-14

I know what it is to be in need
and I now what it is to have
plenty. I have learned the
secret of being content in any
and every situation, whether
well fed or hungry, whether
living plenty or in want. I can
do all things through Christ
who strengthens me.

Corinthians 11:24-28

Five times I received at the hands of the Jews the forty lashes less one. Three times I was beaten with rods. Once I was stoned. Three times I was shipwrecked; a night and a day I was adrift at sea; on frequent journeys, in danger from rivers, danger from robbers, danger from my own people,

**danger from the Gentiles,
danger in the city, danger in
the wilderness, danger at sea,
danger from false brothers; in
toil and hardship, through
many sleepless night, in
hunger and thirst, often
without food in cold and
exposure.**

I can do all things
through Christ who
strengthens me.

1. Acknowledge God is in Control.

Let God be God.

2. Fear doesn't change anything.

3. Take Captive Every Thought.

**4. I can do all things through
Christ.**

