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. Inadequacy10.

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.

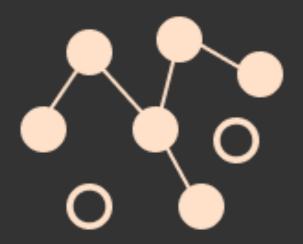
Matthew 6:27
Can any one of you by worrying add a single hour to your life?

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



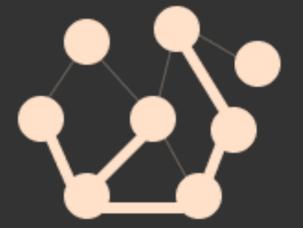
Carve pathways



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.