

“Claiming My ‘Peace’ of Heaven in 2011”

Today’s Lesson

What Is There To Fear

*PowerPoint notes are available at
www.unityofbakersfield.org*

What Is There To Fear

Question:

How did you feel about singing today’s hymn?

What Is There To Fear

Relationships 101 Workshop – Fear
Fear of self, fear of trusting, fear of loving, fear of others, fear of failure, fear of making decisions, fear of intimacy, fear of aging, fear of losing a friend or loved one, and the list could go on.

What Have You To Fear

What have you to fear? With man things are impossible, but with God all things are possible, for God knows what your needs are before you even ask. -Jesus

What Is There To Fear

Fear is an intrinsic and natural emotion designed to keep us safe.
Fear and the Law of Mind Action can create the experiences of loss and death in our lives. (Death Comes to Visit)
Fear as a weapon is used to control masses of people.
Fear as an epidemic in society shows up as being: fearful of starting something new; fear of endings, of changing, of staying, of success, of failure, of living, and of dying.

What Is There To Fear

Toxic Fear

This type of fear is learned, it is taught to us.
Case in point...
Jim is raised in a family were all material their needs are met: there is plenty of money, food, clothing...the lack of anything is never a concern. However, the family motto is...

What Is There To Fear

Trust no one, keep all you do a secret, look over your shoulder and watch the shadows for anyone that may try to hurt you. Jim enters adulthood capable of taking care of himself but is never able to find and keep a lasting, meaningful relationship because he was taught to fear other people.

What Is There To Fear

How can we change our belief that keeps us in bondage to toxic fear?
When will we be able to give the answer, "Nothing!" to the question: "What is there to fear?"
By reeducating ourselves to the facts and truths of what fear is.

What Is There To Fear

It's about choosing what voice you listen and respond to. Especially the one that says: "Who do you think you are, or; You better not change your situation, or; There's nothing better out there for you, or; You're not good enough to make it on your own, or; Hey, if you make this change in your life, what if you fail? Will you be sorry!

What Is There To Fear

We are taught two types of fears in our lifetime. Fears that just happen and fears that require action.
Those fears that just happen are: aging; being alone; kids leaving home; natural disasters; loss of financial security; change; dying; war; illness; accidents; rejection; success; failure; being vulnerable. The list can go on.

What Is There To Fear

Those fears that require action are: making decisions; changing careers; ending or beginning a relationship; asserting oneself; public speaking; making a mistake; intimacy; loss of self image; helplessness; being a victim... We experience these fears because at some level we do not believe in ourselves enough, trust ourselves enough, or feel good about ourselves enough to feel this fear and do it anyway.

What Is There To Fear

Both types of fears are translated into a word formats in our minds that show up like this: I can't handle illness; making a mistake; losing my job; getting old; being alone; losing him/her; losing my money; or I can't handle the responsibility of success; failure; being rejected; feeling helpless and so on.

What Is There To Fear

Question:

If you knew you could handle anything that came your way, what would you possibly have to fear?

NOTHING!

Affirm: *Whatever happens to me, God and I can handle it.*

What Is There To Fear

In her book *Feel The Fear and Do It Anyway*, Dr. Susan Jeffers gives us five basic truths about fear. They are:

- 1) The fear will never go away as long as we continue to grow.
- 2) The only way to move beyond the feeling of the fear of doing something is to do it.

What Is There To Fear

- 3) The only way to feel better about yourself is to do something you love and enjoy.
- 4) I'm not the only one who feels fear when entering unfamiliar territory.
- 5) Pushing through the fear generates courage and faith creating a sense of victory instead of living under the control of fear as a helpless victim.

What Have You To Fear

What have you to fear? With man things are impossible, but with God all things are possible, for God knows what your needs are before you even ask. -Jesus

So, what have you to fear?

No Thing!