



<p>SERIES TITLE</p>	<p>HEALING BLOCKERS: FEAR</p>
<p>SERIES FOUNDATION SCRIPTURE</p>	<p>2 Timothy 1:6-7 NEW KING JAMES VERSION</p> <p>6 Therefore I remind you to stir up the gift of God which is in you through the laying on of my hands.</p> <p>7 For God has not given us a spirit of fear, but of power and of love and of a sound mind.</p>
<p>HEALING SCHOOL FOUNDATION SCRIPTURE</p>	<p>Proverbs 4:20-22 THE VOICE</p> <p><i>20 My son, pay attention to all the words I am telling you. Lean in closer so you may hear all I say.</i></p> <p><i>21 Keep them before you; meditate on them; set them safely in your heart.</i></p> <p><i>22 For those who discover them, they are life. They bring wholeness and healing to their bodies.</i></p>
<p>OUR STUDY POINTS FOR THIS LESSON</p>	<ol style="list-style-type: none"> 1. God’s Word is clear: fear is NOT something He’s given us. 2. Fear comes to make us believe that: <ul style="list-style-type: none"> ◦ we are powerless. ◦ we are not loved. ◦ our minds are unstable. 3. We are to remind ourselves that Jesus, Our High Priest, understands what we feel. He makes intercession for us to be bold (not powerless), accept God’s love (not feeling unloved), and remain confidently stable (not unstable). 4. Feelings do not mean we are absent of faith. Jesus was a man of faith. He felt every emotion through His own body. (Luke 22:39-46 HCSB) 5. Fear means that there is an absence of love. (1 John 4:18) We are to love God, ourselves, and others (Deuteronomy 6:5, Matthew 22:37, Luke 10:27) “Perfect” in 1 John 4:18 is teleios in Greek. This word means mature, complete, formed. 6. When we learn of God’s love for us by believing what He says (faith), we begin to eliminate space for fear because, as believers, Jesus is the author and perfecter of our faith (Hebrews 12:2). Jesus, through Holy Spirit, helps us to mature in love so that we do not have to be afraid.

<p>OUR STUDY POINTS FOR THIS LESSON</p>	<p>7. Soundness of mind is part of the 3-for-1 exchange that we see in 2 Timothy 1:7. Fear comes to rattle, then break down, the gates of our minds, BUT we have a remedy! Isaiah 26:1-4 THE VOICE</p> <p><i>1 When that time arrives, the people of this place called Judah will sing this song:</i> People: <i>By the grace of God, our city is strong; its structures and defenses He made secure.</i></p> <p><i>2 Now open the gates to welcome the righteous, so that those who keep faith may enter in.</i></p> <p><i>3 You will keep the peace, a perfect peace, for all who trust in You, for those who dedicate their hearts and minds to You.</i></p> <p><i>4 So trust in the Eternal One forever, for He is like a great Rock—strong, stable, trustworthy, and lasting.</i></p>
<p>WHAT ABOUT ME</p>	<p>I recognize these fear-induced thoughts and behaviors. I submit them to the authority of the blood of Jesus which flowed to redeem me from the curse, and I submit them to the stripes laid upon Jesus’s back for my healing and well-being.</p> <hr/> <hr/> <hr/> <p>5.12.26 My love is being perfected so that my faith for my healing can be at work at all times. I submit these areas of my love where my love is not as mature as it could be and should be.</p> <hr/> <hr/> <hr/> <p>5.26.26 The gates of my mind are protected because I trust in God. Because God is “strong, stable, trustworthy, and lasting,” I declare that my mind is strong, stable, reliable, and lasting. I am kept in a perfect peace because I trust in Yahweh.</p>

THOUGHTS ON THE LESSON	I am fertile soil for God’s amazing love to manifest completely, wholly in my life. I choose to live free from fear and be well in my spirit, soul, mind, and body.
RECOMMENDED READING	<p><i>The Garden Within: Where the War with Your Emotions Ends & Your Most Powerful Life Begins</i> by Dr. Anita Phillips</p> <p><i>Switch on Your Brain: The Key to Peak Happiness, Thinking, and Health</i> by Dr. Caroline Leaf</p> <p><i>Emotionally, Healthy Spirituality: It’s Impossible to be Spiritually Mature While Remaining Emotionally Immature</i> by Peter Scazzero</p>