

II Timothy 1:7 **“For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.”**

When the fear or reverence for God replaces our fear of sudden events or startling trauma, or the unknown our lives will receive peace. The tragedies we have experienced, the devastation we have suffered, or the disappointments we have endured can be replaced by God’s peace when we realize that God has a perfect plan for us. God has great plans for you.

Jeremiah 29:11 says, **“For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end.”**

God has a plan that begins with the salvation of the soul. Then His plan extends to all of life that our daily walk with Him will bring us happiness and joy, and peace.

The required first step is that there must be recognition that we all have sinned and come short of God’s glory. Romans 3:23

We then must be willing to repent and turn from our sin.

Romans 10:13 **“For whosoever shall call upon the name of the Lord shall be saved.”** Be saved from your sin today.

With Christ there is Hope. Hope is not wishful thinking about how life might work out. It is a confidence in a future event. When someone in whom you have utter and complete confidence in tells you something, it is that assurance knowing the event will take place, they have given you hope. Christ has assured His people, those who believe in Him that what he says will happen, will indeed take place, regardless of how things look at a particular moment. Psalm 16:9 **“Therefore my heart is glad, and my glory rejoiceth; my flesh also shall rest in hope.”** Psalm 31:24 **“Be of good courage, and he shall strengthen your heart [mind, will, emotions], all ye that hope in the LORD.”**

Psalm 39:7 **“And now, Lord what wait I for? My hope is in thee.”** Colossians 1:27b **“Christ in you the hope of glory.”** Hebrews 11:1 **“Now faith is the substance of things hoped for, the evidence of things not seen.”**

Questions?

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PTSD & Resolving Fear

Post Traumatic Stress

In psychiatry PTSD is an intense reaction to some kind of threatening situation. The symptoms include a reliving of the experience we see as traumatic through:

1. An uncontrollable reliving of the event
2. These events may be relived through nightmares
3. Intrusive thoughts through flashbacks or hallucination
4. Triggers (reminders) that bring back thoughts of the trauma

Symptoms include:

- Refusal to talk about event
- Avoids triggers
- Forgetful concerning key parts of traumatic event
- Refusal to partake in commemorations of event that caused trauma
- Wishes to isolate from people or events
- Numbed toward normal feelings
- Without purpose or feelings of meaningfulness
- Cannot sleep
- Anger
- Inability to focus
- Hyper-vigilance
- Exaggerated startle response

Fear apart from God causes a state of numbness and an inability to function without ultimate purpose or meaning.

Fear was intended by God to be a protection against danger. When fear continues after the event then faith is lacking.

When these reactions occur it shows a lack of understanding of God's sovereign ability to protect us and shows a lack of focus on God's attributes.

Consider salvation as the solution to relieve fear. When we understand God and His love for us through the sacrifice of Jesus Christ on the cross we get a better understanding of our fears and how God wants to solve our problems.

When we understand the attributes of God, we can then allow for His care and healing to take charge in our lives. Psalm 139 explains how God knows all our thinking, all our activities, all our experiences, and all of our traumatic episodes. He is able to heal and overcome all of our troubles and fears.

We may be able to blame God, blame others, and remove God from our thinking and think of ourselves. When we neglect others and think only inwardly without thought of others then the isolation and the problems increase.

This is a time for God to help. Find a local assembly of people, a church that believes the Bible is from God and that believes the Bible has every answer for every question.

What can the Bible solve in your life?

Having proper fear is important. With a fear of God there is no need to fear anything or anyone else.

Proverbs 3:25 **“Be not afraid of sudden fear, [terror] neither of desolation of the wicked, when it cometh.**

Proverbs 10:27 **“The fear of the LORD prolongeth days...”**

Proverbs 14:26-27 **“In the fear of the LORD is strong confidence: and his children shall have a place of refuge. The fear of the LORD is a fountain of life, to depart from the snares of death.”**

Proverbs 29:25 **“The fear of man bringeth a snare: but whoso putteth his trust in the LORD shall be safe.”**

Isaiah 41:10a **“Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will the help thee...”**