

Health Talks

“The Battle for Your Mind”

04: Fear and Anxiety

We hear a lot about how ‘stress’ affects our health, and how ‘stress’ makes us sick and so on. But is this really true? There has always been stress of some sort in this world. Is it not more correct to say that our response to what we see as stress, is what actually affects our mind and body?

Let’s relate this to what we have been learning about our brain, the Frontal Lobe, our good Boss, and our feelings, the wild horse, the bad boss. What are anxiety and fear? Are they not feelings? Yes indeed! And feelings can be bridled and controlled by our reasoning powers, and our will, the power of choice God has given to us!

We hear people say things like, “He made me so angry!” “That makes me feel afraid!” “You make me so unhappy!” It is about time we put a stop to such incorrect thinking! CAN another person MAKE me do anything? Again what are all these examples? They are all feelings right? None of them can force us to be angry, afraid, unhappy, unless we choose to allow it! When we choose to allow the feelings to sit in the driver’s seat of our lives and are ruled by the bad boss, those are the attitudes we will be ruled by. Face this fact, No one can MAKE you angry, afraid, or unhappy, if you refuse to allow it, and choose the opposite. This is what that mighty power of the will and the functions of the Frontal Lobe is all about.

Jesus gave a prophecy in Luke 21:26, that right before Jesus returns, men’s hearts will be failing them for fear. **“Men's hearts failing them for fear, and for looking after those things which are coming on the earth: for the powers of heaven shall be shaken.”** These then are those who do not know the Lord and allow these feelings of fear and anxiety to rule them. Jesus has promises for His people to rely on, notice these two and the instruction they give us.

“Wait on the LORD: be of good courage, and he shall strengthen thine heart: wait, I say, on the LORD.” Psalm 27:14. “Be of good courage, and he shall strengthen your heart, all ye that hope in the LORD.” Psalm 31:24.

So when we choose to have Jesus in charge of our Will, we can flip the switch on those nasty feeling and turn the situation over to Him. Also we see we can wait on Him to deal with events, we do not have to be desperately looking for the answers to try and solve it ourselves.

The Bondage of Fear: Here is a comment that many of us could make these days: “The way they [the media] present it scares us, we feel like we will be wiped out, every one of us, and we get petrified!”

We need to take a close look at this subject, because fear and force are the methods the devil tries to get people to obey him instead of the Lord! The Bible has a lot to say about this! Notice: **“Forasmuch then as the children are partakers of flesh and blood, he also himself likewise took part of the same; that through death he might destroy him that had the power of death, that is, the devil; And deliver them who through fear of death were all their lifetime subject to bondage.” Hebrews 2:14, 15.**

Now for sure, none of us want to die, especially we do not want to be killed! But we see how

the 'fear of death' is what the devil uses to keep us in bondage, and Jesus came to set us free from that fear and from death itself! In the Bible, over and over again we see Jesus saying 'Fear not' [63 times!] or 'Be not afraid' [26 times!] or 'Let not your heart be troubled' [2 times] 'Fear ye not' [8 times]

We are told: **"But the fearful, and unbelieving, and the abominable, and murderers, and whoremongers, and sorcerers, and idolaters, and all liars, shall have their part in the lake which burneth with fire and brimstone: which is the second death."** Revelation 21:8. We need to know why the fearful are among the lost! Well for one thing, we can see the reason they are fearful is because they are unbelieving, they are choosing to go by feelings and believe the devil rather than God's Word! That is how Eve first fell, she chose to believe the serpent rather than the clear Word of God. Here is an interesting verse:

"For the LORD spake thus to me with a strong hand, and instructed me that I should not walk in the way of this people, saying, Say ye not, A confederacy, to all them to whom this people shall say, A confederacy; neither fear ye their fear, nor be afraid. Sanctify the LORD of hosts himself; and let him be your fear, and let him be your dread." Isaiah 8:11-13. This tells us that when we choose to believe God and we 'fear' to disobey Him, that this good kind of 'fear' makes us so we are not afraid of all the wicked plans of the devil and the worldly who are serving him.

The 'fear of the Lord' [30 verses!] is a special thing that actually sets our hearts free from other fears. It is a combination of reverence, love, and obedience, it means we really choose to believe Him, and His Word and put that first in our lives! Notice some verses, **"The fear of the LORD is the beginning of wisdom: a good understanding have all they that do his commandments: his praise endureth for ever."** Psalm 111:10. **"The fear of the LORD is clean, enduring for ever: the judgments of the LORD are true and righteous altogether."** Psalm 19:9. **"In the fear of the LORD is strong confidence: and his children shall have a place of refuge."** Proverbs 14:26. We can see it means to fully believe what God says no matter what people may be saying.

So what about this 'fear of death?' This is something we all have to come to grips with and remind ourselves about often! It is deeply connected with 'Faith' and faith means believing what God says, that He means what He says, and always keeps His word! Keep in mind that faith is not a feeling, true faith is a choice of the reasoning brain, the Will!

If we have truly surrendered our hearts to Jesus and determined to serve Him 100%, then we need not be afraid to die! Now realize, this does not mean we are perfect and don't make errors, it means we have made the total choice to belong to Him and have His power and guidance to overcome everything displeasing to Him in our lives. It means that as we read or hear His Word and see new things that we did not know about before, we will confess them to Him, ask forgiveness and power to get them out also. The Christian walk is progressive, but we must seek to be learning and rededicating our lives to the Lord daily! It can't be a 'once in a while' thing, it can't be a sit in church once a week thing, it is permanent and ongoing. **"But the path of the just [or justified, forgiven] is as the shining light, that shineth more and more unto the perfect day."** Proverbs 4:18.

We need to overcome that fear of death as it is a way the devil can get to us. The fact is, when we belong to the Lord, He surrounds us with His presence, and nothing can come to us except

what He allows, and He will only allow what is best for us! He stays with us all the time, through the Holy Spirit, and even if we are allowed to die, He will be close to us and strengthen us! We have to come to grips with this. These are scary times for us all. BUT God is not asleep, neither is He on vacation, nor has He retired and turned His government over to the medical industry, churches, or powers in high places!

He also said, **“And Jesus came and spake unto them, saying, All power is given unto me in heaven and in earth.” Matthew 28:18.** If He has all power, how much does the devil have? None really. How much do wicked men have? None really; unless we give it to them by allowing them to make us fearful. Notice this other verse about ‘all power’; **“Even him, whose coming is after the working of Satan with all power and signs and lying wonders, And with all deceivableness of unrighteousness in them that perish; because they received not the love of the truth, that they might be saved.” 2 Thessalonians 2:9, 10.**

OOH! Is this saying Satan and these wicked ones have ‘all power’ too? No it is not! Read closely, his wonders are ‘lying wonders’ and he only has power over those who refuse to believe God’s truth! They did not love God’s truth, so they believe Satan’s lies and the wicked people who work for Satan. So these are again the ones that perish. Was it because they were tricked into believing the lies? No, it is because they refused to believe God’s truth!

What did Jesus say about Death? **“ . . . And he laid his right hand upon me, saying unto me, Fear not; I am the first and the last: I am he that liveth, and was dead; and, behold, I am alive for evermore, Amen; and have the keys of hell and of death.” Revelation 1:17, 18.** So Jesus has the keys of the grave and of death! He will let His people out again. Would you be afraid if someone locked you in a room but you knew your best Friend was right there with the key? No, of course not! Remember Jesus said for His people, death is only a sleep.

“Fear none of those things which thou shalt suffer: behold, the devil shall cast some of you into prison, that ye may be tried; .. be thou faithful unto death, and I will give thee a crown of life.” Revelation 2:10. “The LORD is on my side; I will not fear: what can man do unto me?” Psalm 118:6. “. . . Be content with such things as ye have: for he hath said, I will never leave thee, nor forsake thee. So that we may boldly say, The Lord is my helper, and I will not fear what man shall do unto me.” Hebrews 13:5, 6.

Fearfulness is something the devil also has. **“Thou believest that there is one God; thou doest well: the devils also believe, and tremble.” James 2:19. “Submit yourselves therefore to God. Resist the devil, and he will flee from you.” James 4:7.**

Also, all wicked people are fearful. Tyrants and dictators are fearful! Notice these verses. **“The wicked flee when no man pursueth: but the righteous are bold as a lion.” Proverbs 28:1. “Have the workers of iniquity no knowledge? who eat up my people as they eat bread: they have not called upon God. There were they in great fear, where no fear was: for God hath scattered the bones of him that encampeth against thee: thou hast put them to shame, because God hath despised them.” Psalm 53:4, 5.**

“But the wicked are like the troubled sea, when it cannot rest, whose waters cast up mire and dirt. There is no peace, saith my God, to the wicked. Isaiah 57:20, 21. They have no rest or peace because they refuse to come to Jesus who offers it freely to them. In Jesus’ days, many times, the rulers wanted to kill Him, but ‘they feared the people’ would turn on them. **“And the**

chief priests and scribes sought how they might kill him; for they feared the people.” Luke 22:2.

These days this is true also, because the wicked rulers doing this takeover are using fear, isolation, censorship, masking and threats and so on, to keep people from talking and learning the truth about what they are really doing! It’s an interesting fact, murderers are most fearful of being killed and thieves are most fearful of being robbed!

Now we want to learn some clues from the Spirit of Prophecy to round out our study. Some people are just shy and timid, this does not mean they are part of those ‘fearful and unbelieving’ that will be lost. This is about such a lady. “She has many fears, yet does not come under the head of the fearful and unbelieving, who will find no place in the kingdom of God. Those outside of the city are among the most confident, boastful, and apparently zealous ones who love in word, but not in deed and in truth. Their hearts are not right with God. His fear is not before them. The fearful and unbelieving, who are punished with the second death, are of that class who are ashamed of Christ in this world. They are afraid to do right and follow Christ, lest they should meet with pecuniary [money] loss. They neglect their duty, to avoid reproach and trials, and to escape dangers. Those who dare not do right because they will thus expose themselves to trials, persecution, loss, and suffering are cowards, and, with idolaters, liars, and all sinners, they are ripening for the second death.” 2 Testimonies 630.

Doubting is another form of unbelieving, not choosing to accept God’s Word. “You are required of God to separate yourselves from the love of this world. The reward of those who continue in this doubting position will be that given to the fearful and unbelieving. But what is the reason of these doubts, this darkness and unbelief? I answer: These men are not right with God. They are not dealing honestly and truly with their own souls. They have neglected to cultivate personal piety. They have not separated themselves from all selfishness and from sin and sinners. They have failed to study the self-denying, self-sacrificing life of our Lord and have failed to imitate His example of purity, devotion, and self-sacrifice. The sin which easily besets has been strengthened by indulgence. By their own negligence and sin they have separated themselves from the company of the divine Teacher, and He is a day’s journey in advance of them. They have for their company, the indolent, slothful, backsliding, unbelieving, irreverent, unthankful, unholy, and their attendants, the evil angels. What marvel that such are in darkness, or that they have doubts of doctrine? “If any man will do His will, he shall know of the doctrine.” He shall know of a certainty in regard to this matter. This promise should put to flight all doubts and questionings. It is separation from Christ that brings doubts. He is followed by the earnest, honest, true, faithful, humble, meek, and pure, whom holy angels, clothed with the panoply of heaven, are sanctifying, enlightening, purifying, and guarding; for they are heaven bound.” 2 Testimonies 513.

Remember Stephen, the first Christian martyr? “In the cruel faces about him the prisoner read his fate; but he did not waver. For him the fear of death was gone. For him the enraged priests and the excited mob had no terror. The scene before him faded from his vision. To him the gates of heaven were ajar, and, looking in, he saw the glory of the courts of God, and Christ, as if just risen from His throne, standing ready to sustain His servant.” Acts of the Apostles 100.

“You have been growing in inward experience and others may profit by your counsel and your advice. Religion to you has become more and more beautiful. You now find so much comfort

sitting at the feet of Christ and learning of Him. The fear of death is past. If there is any terror in the look of the last dread enemy, it is driven away by looking unto Jesus, for He has brightened the tomb by His sacred presence." 8MR 126. May this be true of us all.

"In the time of trouble he shall hide me in his pavilion: [big tent] in the secret of his tabernacle shall he hide me." Psalm 27:5. Christ has spoken: **"Come, my people, enter thou into thy chambers, and shut thy doors about thee: hide thyself as it were for a little moment, until the indignation be overpast. For, behold, the Lord cometh out of his place to punish the inhabitants of the earth for their iniquity" Isaiah 26:20, 21.** Glorious will be the deliverance of those who have patiently waited for His coming and whose names are written in the book of life." Great Controversy, 632-634. **"And Jesus came and spake unto them, saying, All power is given unto me in heaven and in earth. . . and, lo, I am with you alway, even unto the end of the world. Amen." Matthew 28:18, 20.**

If you study the Bible carefully you will find, wherever we see Satan trying to fool and tempt anyone, he is always trying to get them to want what he himself wants! For those who are not interested in what the devil wants, he has another weapon: fear. Biblical reality is this: Satan is the most fearful and afraid being in the Universe. Not only does he flee in abject terror when an obedient Christian demands that he get away from them, he knows his time is short, and he will soon die in a very graphic manner. And so anyone bowing to his lies, will become just as fearful because the one you trust is the one you copy.

Satan knows that if he can get us to believe his lies over the prophecies of the Bible, to make us fearful, he can defeat us, and make us all fall on the battlefield. According to the Bible, only the lost will be fearful, because only the lost refuse to accept Jesus as Lord. He promises them perfect peace in these trying times.

An obedient Christian not only knows what time it is, they have perfect peace and joy deep within, knowing their Lord, their King, their Savior, is soon to return. That makes their joy go right off the chart!

Obedient Christians know that the promises of God are for them and them alone. [Except the promise of damnation of course] That too is a promise, but only for the fearful. It says so here: **"But the fearful, and unbelieving, and the abominable, and murderers, and whoremongers, and sorcerers, and idolaters, and all liars, shall have their part in the lake which burneth with fire and brimstone: which is the second death." Revelation 21:8.**

Why does it say the fearful perish? Well, think about the basic reality behind that statement for a moment. Why would Jesus allow those who trust Satan's lies into His kingdom, when His kingdom is based on truth? Only those who worship and obey Jesus enter into the New Jerusalem. This is the reason Revelation 22:14 was written, which says, **"Blessed are they that do his commandments, that they may have right to the tree of life, and may enter in through the gates into the city."** That city is New Jerusalem, or 'heaven' as most call it.

If you really accept Jesus as your Lord and you allow Him to write His law upon your heart, as He promises to do, [because man proved at Mount Sinai that man cannot keep the law of God unless God helps them.] so He promised to write it on our hearts, but the only way to get it written there is to really accept Jesus as Lord. When you do that, all that fear is gone because you know who the author of fear is now. The reason the lost keep getting so fearful, is that they

are the ones giving Satan permission to give them his fear.

Yes, I know that the planet has billions of people claiming to be Christians out there and yet they still have fear. That is because they are disobedient Christians: all of them break the Sabbath each week, or smoke or drink, or lie or cheat, and commit many other sinful acts, proving they only offer Jesus lip-service while reveling in the lusts of the flesh. So Satan has permission to be in their lives which is why they have fear, while claiming to be Christians.

It's all about who you trust; the peace and truth of Jesus, or the fear and lies of Satan. Having fear confirms the person does not have faith in Jesus. That fear proves they only have faith in Satan, because he is the one that gives the fear. They can't hear the voice of the Good Shepherd because they are accustomed to the voice of the wolf. This is why they won't gain heaven; only those who trust Jesus will live with Jesus for eternity and those that trust Satan will die with Satan for eternity.

Jesus said: **"Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid."** John 14:27. So you need to ask yourself a very important question, "Who do you believe? Satan, who is the father of lies; or Jesus Who is the Author of truth?" God Bless !

What Satan Fears Most

What Satan fears most
Is a man on his knees;
Not vast marching armies
With great weaponry.

He knows he can stand
Against the power of men;
To engage us in battle
Is mere sport to him.

But a man on his knees
With his head bowed in prayer
Is something quite different
To the prince of the air.

For when he sees us in prayer
To our God most high,
He knows we have seen
Through his devilish lies.

That's why Satan fears most
A man on his knees;
And we'll keep him trembling
If our prayers never cease.