

STUDY NOTES FROM KAREN HOERDEL'S "DOORWAYS TO THE DEVIL" TEACHING SERIES

Emotional Bondage: Trauma & Fear

Isaiah 63: 1-3 (Luke 4:18) - the ministry of Jesus

Proverbs 12: 25; 15:13; 17:22; 18:14

II Samuel 13: 11-20

I Corinthians 10: 2-5 - bind truth to your mind

FEAR: Psalms 23:4; 27:1,3; 34:4; 46: 1,2; 118:6

Proverbs 1:33; 3:25-26; 29: 25 - a snare

Luke 21:26 - "*Men's hearts failing them for fear...*"

REMEDY: Romans 8:15 - spirit of adoption breaks bondage

II Timothy 1:7 - power, love and a sound mind instead of fear

I John 4:18 - perfect love casts out torment

REJECTION: Isaiah 53:3; 62:4 - "Forsaken" = abandoned, left behind, neglected, put aside

Jeremiah 15:18 - perpetual pain

Psalms 23:3, 147:2-3 - restore and heal

Ephesians 1:6 - "Accepted" = to make accepted or acceptable; to make lovely or deserving of love; brought into grace and made objects of it; to endow with special honor

Hebrews 4:16 - enter boldly

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

Please pray this prayer:

God, I thank you that you love me. That you gave Jesus, your Son to die on my behalf. That He bore my sin. That He took my rejection. That He paid my penalty. And because I come to you through Him, I'm not rejected, I'm not unwanted, I'm not excluded. You really love me. I'm really your child. You're really my Father. I belong to your family. I belong to the best family in the universe. Heaven is my home. I really belong. Amen.

Following is a list of possible fears. Please pray accordingly to any and all that may apply to your life, and remember, God has not given you a spirit of fear! (II Timothy 1:7)

Afraid to witness, procrastination, fear, fear of making wrong decisions, indecisive, fear of rejection, fear of judgment, fear of authority, fear of speaking truth in love, fear of failure, fear of success, fear of being alone, fear of people, fear of man, fear of disapproval, fear of the dark, fear of death, fear of flying, fear of heights, fear of not being loved or liked, fear of accusation, fear of being wrong, fear of reproof, fear of the devil or demons, fear of spiritual gifts, fear of responsibility, or any other fears that you know you have...pray!

TRAUMAS

Behavior Patterns of My Life Resulting From Attitudes Caused By Trauma

Attitudes:

Helplessness (victim), Bitterness, Betrayal, Resentment, Fear/Anxiety, Grief/Sorrow, Abandonment, Guilt, Shame, Humiliation, Rejection, Isolation

THESE ARE ROOT TRAUMAS

1. Remember the trauma(s) and how I felt (feel it) at that time.
2. Confess as sin all ungodly attitudes.
3. I John 1:9 - Catharsis - God will cleanse me. Ask the Holy Spirit to search out my heart, soul, mind, emotions to reveal to me all attitudes/sin - cleanse me - fill me with the Holy Spirit.
4. Command each attitude (spirit of fear, grief, etc.) to be broken down in the authority of Jesus' name. Command (fill in the blank) to be torn down and release its power over my mind, emotions, soul, heart and body.
5. Forgive and ask for godly attitudes instead.
6. Ask the Lord Jesus Christ to heal your heart and fill you with His Holy Spirit.
7. Bind truth to your mind and heart.

REJECTION

ROOT PROBLEM:

Worst of wounds

All need love

God's Kingdom vs. Satan's

Two companion roots

Fear of rejection

Self-rejection - alternate personalities

REASONS FOR REJECTION:

Contemplated or attempted abortion

Unwanted conception/rejection in womb

Undesirable sex preference

Undesirable appearance

Victim of circumstance

Abuse (Satanic, physical, emotional, sexual)

Peer rejection

Marriage rejections (divorce)

Church related hurts

Sibling preference

REACTIONS TO REJECTION:

Rebellion (independence, defiance, stubbornness, self willed)
Resentment, bitterness
Anger, hatred, murder
Self Pity
Withdrawal (escapism, isolation, drugs, alcohol, all addiction)
Self-accusation, guilt
Insecurity, fears
Depression, hopelessness
Judgmentalism, defensiveness
Distrust and disrespect
Hardness of heart

READJUSTMENTS TO REJECTION:

Perfectionism
False compassion (inordinate affection for animals)
False responsibility
Material lust
Sexual, fantasy lust
Pride and self-promotion
Suppression
Attention getting devices
Control and possessiveness

REPERCUSSIONS FROM WRONG REACTIONS AND READJUSTMENTS:

Within Oneself -

- Imprisoned in self
- Loss of identity
- Feeling trapped
- Withdrawal
- Cessation of love
- Abandonment of faith

From Others -

- More Rejections - confrontations, offending others, unpredictable, makes others uneasy, non-reciprocal love, discourages, complicated personality, frustrates others.
- Attracts wrong helpers
- Evokes wrong treatment

REMEDY FOR REJECTION:

Teachableness
Forgiveness
Forgetfulness
Repentance
Reconciliation
Stabilize in God's love
Stabilize in human love
Deliverance
Fill house with Christ-like attitudes, responses and behavior
Receive God's comfort for the healing of the wounded spirit

FEARS

"And in nothing terrified by your adversaries: which is to them an evident token of perdition, but to you of salvation, and that of God." (Philippians 1:28)

FACE EVERY FEAR: SURRENDER. "Lord, if it would cause me to love you more or bring greater honor and glory to your name for me to _____, then let it happen. But Satan, you cannot do it to me."

List ALL fears (be as brief as possible). For example: Fear of rejection.

Overcoming Fear, Anxiety & Stress

By Geri McGhee

The Bible says in I John 4:18, "*Perfect love (trust), casts out fear.*"

Much of the fear, anxiety and stress that works in our lives is the fruit of not being loved, protected and nurtured as children by parents. When our parents are not a safe refuge for us, we are opened up to a deep fear and mistrust of God and all authority that we carry into adulthood and to our grave if we do not find deliverance. Because parents model for us a picture of what God is like and because we think He is like our parents, we fail to seek refuge in Him and find refuge in other things, substances, people and ourselves, etc. Finding refuge in anything else other than God is idolatry. Being outside of His refuge in any given area is at the root of all fear, anxiety and stress in our lives. Failure to come into God's refuge, which produces "rest" and is "the perfect love that casts out fear" is at the root of all autoimmune diseases and the majority of our physical problems. God told the children of Israel that they must possess the Promised Land, which meant "rest". In Hebrews 4, God tells us believers we are to enter His rest through possessing our spiritual land (I Cor. 3:9; I Cor. 10:1-10).

HEB 4:2 For indeed we have had good news preached to us, just as they (the Children of Israel) also; but the word they heard did not profit them, because it was not united by faith in those who heard.

HEB 4:3 For we who have believed enter that rest, just as He has said, "*As I swore in My wrath, They shall not enter My rest,*" although His works were finished from the foundation of the world.

HEB 4:6 Since, therefore, it remains for some to enter it, and those who formerly had good news preached to them failed to enter because of disobedience,

HEB 4:7 He again fixes a certain day, "Today," saying through David after so long a time just as has been said before, "*Today if you hear His voice, Do not harden your hearts.*"

HEB 4:9 There remains therefore a Sabbath rest for the people of God.

HEB 4:10 For the one who has entered His rest has himself also rested from his works, as God did from His.

HEB 4:11 Let us therefore be diligent to enter that rest, lest anyone fall through following the same example of disobedience. Of course, the way we enter His rest today is

through "taking upon ourselves the yoke of Jesus". To do that, we must be willing to crucify our flesh to make Him our refuge and trust. In MAT 11:28-30 Jesus says, "*Come to Me, all who are weary and heavy-laden, and I will give you rest. Take My yoke upon you, and learn from Me, for I am gentle and humble in heart; and you shall find rest for your souls. For My yoke is easy, and My load is light.*" His load is easy and His load is light. Any other yoke is grueling, annoying, vexing, chafing and causes us to live in a state of unrest. You know you have His yoke on when you are at peace and rest. It is a curse to live in a state of unrest.

DEU 28:65 "*And among those nations you shall find no rest, and there shall be no resting place for the sole of your foot; but there the Lord will give you a trembling heart, failing of eyes, and despair of soul.*"

Approximately 344 times in the Word of God it says to "fear not" or words related to "fearing not". Many times we overlook the fact that fear is a sin and excuse it by saying, "Oh, that is just the way I am". "*Be anxious for nothing*" is not an option but a command (Phil. 4:6).

Some things we need to understand about fear:

- it is faith in what the devil says rather than what God says.
- it is unbelief and like faith demands a response.
- it keeps us from possessing our land and entering His rest (Num. 13; Heb. 4:1-3; 5-11).
- it comes out of a defiled conscience (failures of parents to nurture and protect) (I Jn. 3:21).
- it subjects us to slavery all our lives (Heb. 2:15).
- it comes out of rebellion (spirit of slavery Rom. 8:15).
- it involves punishment (I Jn. 4:18).
- it is idolatry (Rom. 6:16).
- it causes us to bury our talent (Mt. 25:25).
- it is a curse (Lev. 6:15,17,36, 37; Deut. 28:15,66; Gal. 3:10).
- it opens us up to receive what we fear (Jb. 3:25).
- it must be conquered to be an overcomer in Christ Jesus (Num. 13, 14; Rev. 3:5; 1Jn 5:4) and to have our prayers answered (Jn 15:7) "*If you abide (obey/rest) in Me, and My words abide in you, ask whatever you wish, and it shall be done for you.*" It is possible and is God's will that we live free of fear. Fear is just like any other sin we can be delivered from. God never tells us to do anything that He has not made provision for at the cross of Calvary. "*If we confess our sins, God is faithful and just to forgive our sins and to cleanse us from all unrighteousness.*" (I John 1:9)

Deliverance will come as we:

- Repent of our own idolatry in each area of fear.
- Forgive our parents for their poor stewardship of us.
- Break the judgments we made against them for childhood traumas and their failures,
- Renounce the lie we received that God is like our parents.
- Take accountability for our wrong responses
- Ask the Spirit of God to come into those areas of defilement and heal the pain and sadness which opened us up to fear and
- Ask Him to cleanse our consciences from all defilement that came in through our substituting a false god/gods for the TRUE AND LIVING GOD.
- Break negative soul ties with parents and whoever or whatever we trusted in the place of Jesus.

When you can do as Abraham did with his son, Isaac, and take your fears (idols) up the mountain and lay them on God's altar, you are saying, "God, I trust you so much with my life that I know you know what I need; you know what it takes or doesn't take in my life to bring about Your greatest glory and my highest good." Total surrender is the perfect love (trust) that casts out all fear. HALLELUJAH!

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Overcoming Anxiety

Ida Mae Hammond

"Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God." (Philippians 4:6)

Anxiety is common to most of us in varying degrees at one time or another. Anxiety is a feeling that things are out of control. The very meaning of the word in scripture denotes "distraction". Anxiety distracts us from God and all that is really important. When one is anxious about something he is focusing upon a problem rather than upon God. Therefore, anxiety is a spiritual enemy. Paul wrote, "Be anxious FOR NOTHING" and Jesus taught, "Do not be anxious FOR YOUR LIFE" Matthew 6:25. What must we do to overcome all anxiety?

WHAT CAUSES ANXIETY?

- Impending dangers
- Parental influence
- Hardships
- Responsibility, pressures
- Broken relationships
- Sin's consequences
- Physiological imbalances
- Insecurity
- Rejection
- Failure to trust God
- Feeling things are out of control - drifting

WHAT ARE THE EFFECTS OF ANXIETY?

- Stress - emotional, physical and mental
- Fears
- Turmoil
- Loss of self control
- Raw nerves
- Worry
- Distrust, spite, disrespect and dishonor
- Resentment, hatred and anger
- Aggressive control
- Panic
- Poor mental health
- Alarmist

Negativism
Destroys faith
Destroys peace
Demonization

HOW DOES ONE OVERCOME ANXIETY?

Admit and confess to anxiety's hold
Purpose in God to overcome anxiety
Repent of lack of faith and trust in God, wrong attitudes towards others, pressures you put upon others and self pity
Forgive others who aggravate your anxiety
Learn to be content
Get deliverance from all related spirits
Discipline every area of your life
Develop a strong faith and trust in God

“And the peace of God which surpasses all understanding shall guard your hearts and minds in Christ Jesus.” (Philippians 4:7)