

FEAR IS A FEELING

By: Fountain Hendricks

(2nd Timothy 1:7)

Fear is an invisible force that creates a physical feeling. Fear starts with a thought. However, it will always end with a feeling. That feeling will influence your behavior, change your perspective and destroy your faith.

Anything you can feel becomes real. **YOU WILL ALWAYS MOVE IN THE DIRECTION OF YOUR FEELINGS.** When you **FEEL** fearful you will follow the **DIRECTION** of doubt, worry, distress, panic, anxiety, timidity, suspicion and agitation.

Most people live in fear their entire life without ever realizing it. Living in fear will not necessarily cause you to tremble and shake in horror. It will prevent you from **MOVING FORWARD!**

THINK ABOUT IT!

- A person who is **DOUBTFUL** does not move forward. They remain complacent. #fear
- A person who is **SUSPICIOUS** will not pursue an opportunity. They will continue to question what has been brought before them. #fear
- A person who is in **DISTRESS** will not move forward. They will remain despondent. #fear
- A person who is **WORRIED** will not think ahead. They will continue to meditate on the problem that is bothering them. #fear

**THE FEELING OF FEAR WILL DETERMINE THE
DIRECTION YOU WILL FOLLOW!**

GOD DID NOT GIVE US THE FEELING OF FEAR

2nd Timothy 1:7

2nd Timothy 1:7 says, "*God did not give us the **SPIRIT** of fear but of power, love and a sound mind.*" Our human spirit enables us to **FEEL** what is around us. The only reason you can **FEEL** the presence of evil is because you have a spirit.

The only reason you can **FEEL** the presence of God is because you have a spirit. The only reason you can **FEEL** the presence of joy is because you have a spirit. This scripture makes it very clear.

The feelings of fear comes from the human spirit. The thoughts we **INTERNALIZE** in our human spirit are the one's that activate our feelings. God said, "*He did not give you the spirit of fear.*"

In this scripture God is telling you that He **DID NOT** enable you to feel fear. The Lord has empowered you to feel a lot of things. However, fear is **NOT** one of them.

**THE FEELINGS OF FEAR ARE SELF INFLICTING.
THEY HAVE NOTHING TO DO WITH GOD!**

HOW CAN I PROVE THIS?

Philippians 4:8

Adhering to the following statement will help you understand this truth. **THE FEELINGS OF FEAR COME FROM YOUR FOCUS. YOUR FOCUS DECIDES YOUR FEELINGS.**

The reason God is not responsible for you feeling fearful is because He **NEVER** told you to focus on things that will build your fear. He told you to focus on things that will build your faith.

Philippians 4:8 says, "*focus on the things that are GOOD and worthy of PRAISE.*" God told you to focus on the things that are **TRUE, HONORABLE, RIGHTEOUS, PURE, BEAUTIFUL** and **RESPECTABLE**. Remember, your focus decides your feelings.

IT'S UP TO YOU

You do not have to live in fear. You do not have to be fearful. Wrestling with fear is a choice, not a divine mandate. Here's what I mean.

- If **YOU** focus on negativity you will have to wrestle with the feelings of fear.
- If **YOU** focus on your failures you will have to wrestle with the feelings of fear.
- If **YOU** focus on your flaws you will have to wrestle with the feelings of fear.

- If **YOU** focus on your obstacles you will have to wrestle with the feelings of fear.
- If **YOU** focus on your opposition you will have to wrestle with the feelings of fear.

IF YOU DO NOT KNOW HOW TO CONTROL YOUR
FOCUS YOUR FEELINGS WILL DETERMINE YOUR
DIRECTION!

The feelings of fear will never leave your life until **YOU** want them to leave. Remember, you have **POWER OVER** fear. If you do not use your power, the feelings of fear will have dominion over you.

God is **NOT** responsible to handle your fear because He never gave you the spirit of fear. Our Lord is **ONLY** responsible for the things He has given you. Fear is not one of those things.

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