

Heart to Heart

*Bringing our hearts to Him,
Receiving His Heart for us!*

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In This Issue

[How to Live "Above" Fear](#)

[Accept that It Is a Battle](#)

[Living "Beyond" Fear](#)

[From We to Thee](#)

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Dear ,

The most important thing I can tell you about fear is that it is NOT a personality problem; it is a sin, the sin of unbelief. Now, that sounds like I'm making the problem worse, right? No, if your personality was the problem, where could you go to get a new one? Years of analysis? You would be "doomed" to have to live with fear.

As it is, God can help you live "above" it and "beyond" it. I can't promise that you will ever live "without it" because I find that pesky little varmint tries to show up every day. But I know how to show him the door...

Steve

How to Live "Above" Fear

Seeing our nemesis from heaven's perspective...

We live above fear (as with all other negative emotions) by first gaining the Lord's perspective on it. Heaven's perspective clears up a lot that is otherwise confusing and oppressive about our lives down here.

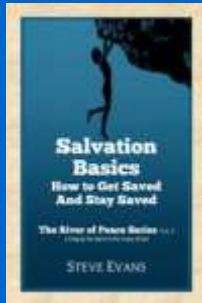
This is the key thing to understand about why fear, shyness, dread, panic, worry, anxiety, etc. are spiritual issues, not personality problems: When we are in fear *in any of its forms* we are not trusting God. ***The critical issue is heart trust in God.***

You keep him in perfect peace whose mind is stayed on you, because he trusts in you. Trust in the Lord forever, for the Lord God is an everlasting rock. Isaiah 26:3-4

into insanity and back.

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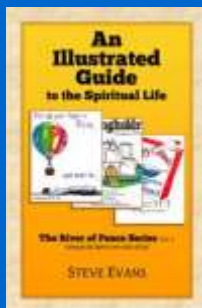


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Watch this progression carefully:

1) Fear is the opposite of love. Perfect love casts out fear; "perfect" fear casts out love. 1 John 4:18-19

2) Fear is little faith or no faith. Jesus upbraided the disciples for having little faith and no faith when they became afraid over concern for their daily needs and during the storm at sea. Matthew 6:28, 30 and Mark 4:40

3) Fear is the opposite of faith. Fear works in the same way faith does but in the opposite direction: faith looks past the problem of the visible reality to see its solution in the Invisible Reality of God and therefore becomes the substance in us that God uses to fulfill His purposes. Fear looks at the visible problem, ignores the Invisible Savior, and becomes the substance the enemy uses to fulfill his purposes for us. Hebrews 11:1-2

4) Fear is spiritual blindness. It keeps us from seeing with our "eyes" of faith. It minimizes what God can do, "shrinks" us as His vessels, and magnifies what the enemy is doing. Numbers 13:33

5) Fear is actually a sin. Fear compounds the natural problem by bringing in a spiritual one--unbelief and distrust in God over what is taking place. Fear is rooted in the sin of unbelief. Romans 14:23

6) Fear is spiritual bondage. It enslaves us and carries us captive to the enemy's mindset. Romans 8:15

7) Fear is an evil spirit. Spirits of fear love to manifest the nature of fear in us and use fear to derail our lives and destroy our health. They are liars and bullies. Fear that comes from the enemy is never telling you the whole truth--otherwise you would calm down and trust God.

For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind. 2 Timothy 1:7 KJV

We have a choice to make: we can have either fear OR power, love and a sound mind. We cannot have it both ways! Even the presence of a little stress can begin robbing anyone of confidence in God (power), love (releasing our hearts) and soundness of mind (thinking clearly, remembering readily).

Heaven's perspective on fear means that because fear is a spiritual issue, you and I can learn from God how to rely on God to get victories over it! **Let's do it! Let's learn from God...**



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Accept that It Is a Battle

Whether you want it or not...

Once you see that fear is a spiritual issue and that it is a spiritual assault from an enemy who wants to rob you of peace and confidence in God, what is the next step to take? Accept it that you are in the fight of your life for your life!

So, stop blaming your self and others for the fact that you have forms of fear assailing you. Everyone does! The devil doesn't leave anyone alone--this is such an effective strategy for boxing in ill-equipped believers.

Strap on the mindset that you can learn to fight your way out to freedom as countless millions of Christian warriors before you have done. The same Master wants to teach you His ways.

There are 3 things to know in order to overcome fear.

1) Jesus has overcome the world, the flesh and the devil--He will always be victorious. He is with us; He is for us; and He is in us. This is our base line.

I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world." John 16:33

2) We overcome through faith in Him. Period. Faith in God's love and power over-powers our fear. This isn't to say it's easy, just to be very clear about what the battle is about.

For everyone who has been born of God overcomes the world. And this is the victory that has overcome the world-our faith. 1 John 5:4

3) Our heart becomes established as faith opens our eyes to behold God's perfect love. He forgives us over and over; He rescues us over and over; we repeat scriptural truth over and over. Eventually, the truth sinks in, trust grows and fear goes.

There is no fear in love, but perfect love casts out fear. For... whoever fears has not been perfected in love. We love because he first loved us. 1 John 4:18-19

Learn to recognize when you are in fear and deal with it directly--then you will be able to work with the problem it represents and receive the Lord's guidance and help so much more readily. We deal with fear by dragging our fears captive to the Lord and beating them to death with the truth He shows us. 2 Corinthians 10:4-5

There is always a truth about Jesus, or any one of God's

abuse and won.

Resources



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promises that is much bigger than your fears. Find it and use it as a weapon! Fight back by believing the truth! God's truths really will set you free from fear--once you start believing them with all that is in you.

Living "Beyond" Fear

Just beyond every fear lies freedom from it...

Carrying fear captive to the Lord is the best way to ultimately defeat fear each time it shows up. However, here are 10 more ways of getting free from the power of fear.

1) Let perfect love cast out fear--work on renewing the true image of God in your heart. God is love and real love is of God (John 4:16).

2) Let the Word undercut the power of fear--increase faith and trust by God's Word. Remember that we build faith by staying in the Word (Romans 10:17). Scriptures really do counter fear.

3) Resist fear--keep clinging to the Lord despite your fears; don't give ground to the enemy. James 4:7

4) Let deliverance cast fear out. Call a friend who can do spiritual warfare.

5) Let loving release fears from your heart. Love cats, dogs, friendly people. Love in your heart will cast out fear, just as knowing God's love for you casts out fear.

6) Let laughter release fears from your heart. Proverbs 17:22

7) Let a willingness to die to self release you from fear. If we are harboring a fear of death, other fears will always defeat us--this has to be dealt with first. A willingness to suffer, even die, for Christ defeats most fears, since the fear of death is the root of all fears (Hebrews 12:14-15). What is the worst that could happen? Die and be with Jesus? Is that really so bad?

8) Let prayer put your fears to rest as you release your concerns to God. Cast your cares on Him. Philippians 4:6-7

9) Let obedience lead you out of fear by taking you through your fears. Taking decisive action (just do it) defeats a lot of fears. Once you have finally struggled through despite your fears, the same fears will have less power over you in the future. Hebrews 12:12-13

10) Learn to recognize the voice of fear (the way it impresses upon you) and stop listening to it. Hebrews 5:14

OK, that's a lot to fight back with! It's not all there is, but you will certainly get a good start and learn more as you go along. Happy hunting--spirits of fear are everywhere. You will gain strength defeating one after the other, until you, too, are **"more than a conqueror"** by your growing faith in the one who loves us. (Romans 8:37)

From We to Thee

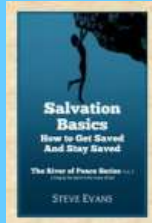
Preparing for the Harvest...

From the pages of our new website forerunners4Him.org has come a new book:

Salvation Basics: How to Get Saved and Stay Saved.

This is also the book that the men at the Mission have helped me to write. It has been through working with them that I have gained far more clarity (I believe) into the deeper issues of how to stay saved. Hey, we all know that getting saved is easy--it is staying in the joy of His salvation (Ps 51) that is the tricky part. Check out a sample at amazon.

We will supply this book at half price (for orders of 10 or more) to any group or individual wanting to distribute them to seekers and new believers!



Steve and Eunice



Truths with Traction!

A lifetime of learning has gone into the workbook that forms the basis of what we teach. Steve likes to say that these truths have been field tested! They are **"truths with traction,"** guaranteed to get your emotional life unstuck from those pesky stronghold areas that the enemy loves to bring our walk to a halt with.



All it takes is a small investment your time and treasure to have so many secrets of the heart opened to your understanding. In our seminars it is a constant thrill to see **"the lights go on"** for the students. Now you can have the seminar experience in the comfort of your own home! How can you resist? This is the 176 page 8 1/2" x11" ring-bound booklet that we use in class.

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Healings Streams is a Christian ministry dedicated to helping people find peace and freedom from troubling issues of the emotional life. Such deep roots often become the source for a host of stress related diseases, psychological disorders and addictions. Even so, our goal for people is not just escape from emotional stress and its consequences, but full entry into true Kingdom living--plunging into the river of Peace that flows all around us from the throne of Grace.

Let's all jump in!

Sincerely,

Steve and Eunice Evans

Healing Streams Ministry

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