

Fear not, be of a good courage - panic attack (공황장애)

2 Timothy 1:

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

* video clip of —How shall we live then

We are living in uncertain, fearful, perilous times

2 Timothy 3:1 This know also, that in the last days perilous times shall come.

Depressing statistics:

In the U.S., more than 40 million Americans, or 12.3% of the U.S. population suffer from Anxiety and Depression; Anxiety (Panic Attack) affects 6 million people, and women are twice as likely to be affected as men

Panic attack is a surge of intense fear, irrationality and discomfort that usually peaks within ten minutes, but could also last several hours.

In Korea, 2 million people, or 6.4% are suffering A&D (WHO, 2016), and PA affects more than 110,000.

There is no such thing as a panic attack.

Panic can't attack anyone. It's an attack by an incorporeal entity—a spirit being whose name is Satan and/or his demonic minions.

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“The spirit of fear” is an evil, ungodly spirit that uses fear against humanity, and that spirit is not God's spirit. There is a demonic spirit (attacker) behind every fearful, evil, dark thing inflicted upon human beings:

In this world, we are engaged in spiritual warfare - fight a good

fight!

Ephesians 6:12 For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.

The guy behind is Satan, the Mind Bully

He is "the spirit of fear" motioned in 2 Timothy 1:7. He works on you by manipulating AFI (Agitation, Fear, Irrationality).



Who is Satan, the Mind Bully?

He appears grotesque, strong and big. He attaches himself to you with his "thought rope" and says extremely FEARFUL and UNSETTLING things.

You are linked unto him by a rope. The harder you pull, the harder the Mind Bully pulls, Satan and that makes him even stronger and bigger.

What does He do?

He will make you attached/controlled

1. By listening to him (paying attention) - to his voice
2. By believing him
3. By reacting to him

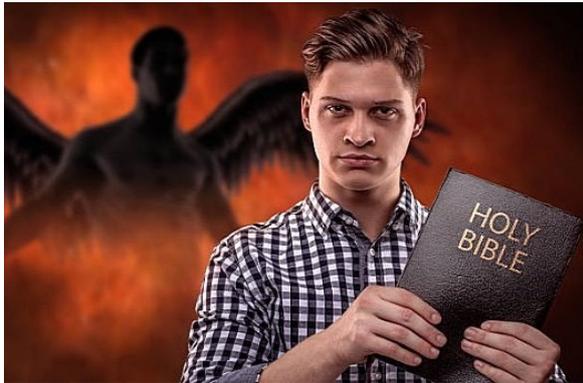
What do we do with him?

FEAR NOT, BE OF A GOOD COURAGE

1. Accept that the bully is real — "Be sober, be vigilant; because

your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour.” (I Peter 5:8). * But fear not! Fear God only.

1. Challenge and resist the bully — (first) “Submit yourselves therefore to God.” (then second) “Resist the devil, and he will flee from you.” (James 4:7). * put on Christ, like an Iron man! Otherwise, you cannot win!
2. Shift your focus and let go of the “thought rope” by thinking and doing something else — “Casting all your care upon him [Christ]; for he careth for you.” (I Peter 5:7). **THEREFORE, think right thoughts over, and over, and over, and over again**—and actually articulate those thoughts, out loud, so that your ears hear the thoughts and they enter back into your mind as a commonly repeated word or phrase, your shibboleth. * This is a good reason that we need to memorize the key Bible verses.



YOU CAN'T THINK OF TWO THINGS AT THE SAME TIME.

Philippians 4:8 Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.