

PREVENTING EMOTIONAL MELTDOWN  
Overcoming Emotions that Destroy

**GOD'S SOLUTION FOR MAN'S FEAR**

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By Jim Craddock

*Preventing Emotional Meltdown:  
Overcoming Emotions that Destroy  
God's Solution for Man's Fear*  
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*Never underestimate what God can do through  
the human heart fully committed to Him.*



# INTRODUCTION TO EMOTIONS

Life was not supposed to be the way it is today. In the beginning, emotions were simply a reflection of the indwelling presence of God. In the Garden of Eden, Adam and Eve were to be spared of experiencing the terrible, debilitating affects of what I call “renegade emotions.” Their emotion spectrum consisted of *love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control* (Galatians 5:22-23), and many more that demonstrated the dynamic image of God within.

Renegade emotions did not come with God, they came with the Fall. They are a product of a nature now turned against God and permeated with an exceedingly powerful and evil force called sin. Not only did this turn Adam and Eve’s world upside down, but turned their emotions inside out. Instead of being master over their emotions, they became the victims of them.

So powerful are these emotions, man is no longer ruled by his reason, but rather by his emotions. Renegade emotions do not enhance a person’s life, they blackmail and destroy. Don’t take my word for it, just ask those who are suffering from the terrible blackness of despair that depression brings, or the excruciating pain that runaway anxieties produce.

We are guided and dominated by our emotions rather than our reason.

Satan delights in marginalizing the Christian through destructive emotional patterns. He did his best in trying to disable the great English preacher, Charles Hadden Spurgeon through depression. He attempted the same with Amy Carmichael, God’s worker for the children of India. No one is immune to these insidious emotions.

Of course, Satan wasted no time in developing an extensive, pervasive system to address the very problems he himself had created. To marginalize anyone from trusting God to heal and deliver them from these devastating renegade emotions, we find man attempting to do through secular means that which God does through spiritual means.

## **GOD’S THERAPIES THE WORLD MISSED!**

The Prophet Jeremiah wrote these poignant words of God, “*Is there no balm in Gilead? Is there no physician there?*” (8:22a).

It is important to emphasize doctors are necessary when illnesses strike. When I have my reoccurring kidney stone attacks, I don’t call the local shrink; I head to the hospital for a bucket full of morphine. I might add God has gifted this nation with the most astounding medical science in history. God doesn’t disparage or condemn a Christian for going to a doctor or a counselor. Being a physician or a professional practitioner is both a high calling and an equally high responsibility.

Now many Christians also feel it is wrong to take medication, especially for the renegade emotions. They think it shows a lack of faith or else they feel it is just plain wrong. This is not true. There are times that medication is necessary. If I didn’t put drops in my eyes three times a

day, I would be totally blind. Without my high blood pressure medication, I would be flirting with a stroke.

So having said this, I would also say with equal firmness, we cannot allow the medical field to replace our faith in the sufficiency of Christ and His Word. That is a very real danger. In our day and age, we only begin to rush to God in prayer when the physician says there is no hope.

Believe me, there is no better therapy than the Spirit of God working through the Word of God, so the Son of God can do in our lives what cannot be done otherwise. The Bible deals with the renegade emotions and has done so before psychology or psychiatry ever came into existence.

God heals today! Often through the expertise of a doctor and just as often through an act of faith, He is our Balm of Gilead. As we trust the Spirit of God to work through a physician, so we must also trust the Spirit of God to work as only He can in the healing of our spirit, soul, and body.

### **EMOTIONS AN OVERVIEW**

As most of us have experienced, emotions can be messy, debilitating, and dangerous. What can we do when our emotions run wild and threaten to overwhelm us? Worse, what happens when we lose control of our emotions and they begin to dominate us? These and other questions we will address in our *Preventing Emotional Meltdown: Overcoming Emotions that Destroy* series which are “*God’s Solution for Man’s Anger*,” “*God’s Solution for Man’s Anxiety*,” “*God’s Solution for Man’s Depression*,” “*God’s Solution for Man’s Fear*,” and “*God’s Solution for Man’s Guilt*.” You can obtain these books at [www.HisTruthTransforms.org/Store](http://www.HisTruthTransforms.org/Store).

The spectrum of human emotions is like a kaleidoscope, many colored and ever changing. We live in an emotionally charged world – emotions, not reason, govern our behavior. Billions of dollars are spent yearly by the marketing industry in its quest to manipulate our emotions. The medical field has undergone a paradigm change reflecting the demands for a quick fix and a feel good life. This has forced doctors to deal with symptoms rather than causes, with emotions rather than facts.

### **THE NATURE OF EMOTIONS**

God wired us as emotional creatures. Unfortunately, our first parents’ short-circuited the system. Before Adam pulled his foolish mistake, emotions were positive, helpful, edifying, and satisfying.

As previously mentioned, after the Fall, a whole host of negative and harmful emotions arose. These renegade emotions are aggressively destructive such as anger, anxiety, depression, fear, guilt, and hatred. These emotions have the ability to blackmail us and hold us captive. Either we conquer them or they could conquer us!

The Bible gives us an account of the first case of renegade emotions - guilt, fear, and dread. Adam, along with Eve, believed the devil’s lies as God’s truth and God’s truth as the devil’s lies and in so doing got snake-bit (Genesis 3). They knew they had transgressed God’s explicit commands and were, in fact, guilty. Because they were guilty, they, for the first time ever, experienced fear – they were afraid of God. It was fear that caused them to hide from God, their

love of God had become the dread of God, for they feared the punishment that was to be meted out.

Basically, emotions tell us what we feel is right or what we feel is wrong, a case of pleasure vs. pain. Emotions are the means that both body and mind communicate to us. They are messengers. This is why it is so important to ask ourselves why do we feel the way we feel? There is a reason we feel the way we do. However, it is also important to realize our negative emotions can be organic in nature. In other words, emotions might be telling us there is a physical problem.

Emotions are messengers.

### **CASE HISTORIES**

A wife came in and wanted me to tell her how she could have her husband's head on a platter. From what she related to me, he was worthless, useless, baseless, the meanest, orneriest, and most miserable human being ever to set foot on planet earth.

I asked her when the last time she had a medical checkup. Never! I suggested she go to her family doctor and make certain everything was in order. It wasn't. Six months later she called and thanked me for saving her marriage. "But I didn't do anything," I protested. "You sent me to a doctor and he discovered I had a very serious case of blood-sugar imbalance. It has changed my life," she went on to say, "I have the most wonderful husband in the world!"

A husband brought his frazzled wife in. She looked like she had grabbed ahold of a hot wire. Her hair all but stood straight up. Here was a bomb with a very short fuse. I think every emotion of the human spectrum were at overload. She was afraid she was crazy. He was convinced she was! It turned out though that it wasn't her nerves, but her thyroid. The thyroid was fixed and she was fixed.

A doctor's wife came in. "Don't tell me I am entering into early menopause," she declared. "I have checked with two of our doctor friends and they assure me I am not. What do you think my problem is," she asked. "Early menopause," I replied. Explosion!!! Later, she called and admitted I was right. Her doctor friends were just trying to be polite. When hormones go crazy so does the person.

Often haywire emotions are the result of an organic problem, one that needs medical attention. I have met with people who were convinced they were going insane only to find that there was an imbalance or hormone deficiency. Post-partum depression is frequent, blood disorders usually show themselves through emotional upheaval. Don't rush to judgment.

So, how do we keep our emotions in check, and what do we do when we can't or won't? The sense of losing control of our emotions is devastating.

### **OUR HELPER**

Remember, you cannot conquer your emotions yourself, you must put the Spirit of God to work and allow Him, through you, to overcome your renegade emotions. We have the Holy Spirit to

help us express our emotions in a healthy way: in a way that frees us from bondage to our renegade emotions and allows us to honor and express God's heart and character.

Our emotions are not to be the authority of our lives. We are to recognize our renegade emotions as indicators to connect to the Father's heart. He will cause us to examine where the Holy Spirit is urging us to appropriate His truth in bringing about healing from the chaos of damaging emotions.

It is God who replaces our renegade emotions with the Spirit-filled emotions that are *love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control* (Galatians 5:22-23), and many more that demonstrate the dynamic image of God.

May what you learn move you to a closer intimacy to Jehovah Rapha, the One who heals, because Jesus Christ has, indeed, given us everything for life and godliness (2 Peter 1:3).

God bless you as you undertake a wonderful adventure.



## GOD'S SOLUTION FOR MAN'S FEAR

*“When He got into the boat, His disciples followed Him. And behold, there arose a great storm in the sea, so that the boat was being covered with the waves; but Jesus Himself was asleep. And they came to Him, and woke Him saying, ‘Save us, Lord; we are perishing!’ He said to them, ‘Why are you afraid, you men of little faith?’ Then He got up, and rebuked the winds and the sea; and it became perfectly calm”*  
Matthew 8:23-26.

### EXPOSING FEAR

Fear is a devilish thing, and rightly so. Fear is to Satan what love is to God. At the heart of every renegade emotion, you will find fear. Fear, not unbelief, is the antithesis to faith. Fear is a malignant rot that sucks the moral fiber out of the best of people.

Fear is a renegade emotion, a hydra-headed monster that spawns a whole host of other debilitating emotions. Fear will rob us of our peace with God, and if left unresolved will create severe emotional trauma. Fear is often the trap door to the downward spiral into panic attacks and depression. Terror is not something we would choose to live with.

Fear can become so strong it can paralyze a person and rob him or her of their reason. Think for a moment to the time you were most afraid. What was your reaction to the situation? Most of us, of course, would seek safety. We call this circumstantial or normal fear, where there is cause and effect. If danger threatens we react!

Fear is to Satan what Love is to God.

When seasoned fishermen are terrorized by a storm, it must be the mother of all storms. This happened to the disciples as they tried to make shore only to be overtaken by a violent storm – a storm so powerful it was beyond anything they had ever experienced. They were convinced they would die.

As the storm grew in intensity, these men panicked. Their fear was palatable, and in their hysteria, they found Jesus asleep! Shaking Him awake, they screamed for Him to save them, for they were in immediate danger of drowning. And what did Jesus do? He chided these men for their timidity and lack of faith, and then commanded the storm to cease. Now to the uninitiated, Jesus actions might seem strange, but when you consider no one ever died in the presence of Jesus. These men were as safe as if they had been home in bed – in fact, more so.

Fear isn't funny, not for anyone! As we see above, fear robbed brave men of their courage and made them cowards. Worse, it eroded their faith. It was a moment none of them would ever forget. True, they saw the miracle of calming the waters, but their fear had left its mark. How do I know? Turn to the 14<sup>th</sup> chapter of Matthew, and we see where Jesus had to **force** them to get into the boat. Incredible! Fishermen afraid of a boat?

Let me say here, these disciples being fishermen, were not afraid of the boat, they were afraid of what might happen with Jesus in the boat! You see, the storm they experienced was worse than anything they had ever faced. They sensed that it was all but demonic in nature, and such it was. It was another attempt by Satan on Jesus' life.

But the fear these men felt was not fear in the usual sense but they were faced with the supernatural, the unknown. Instead of a steadfast faith, they were timid, or better put, cowards.

*“For God has not given us a spirit of timidity, but of power and love and discipline.”*  
2 Timothy 1:7.

I won't go into the details, but once a man pointed a loaded 45 caliber pistol at my head and warned me if I was to show my ugly face around his place again he would blow a hole in me that one could drive a Mack truck through. Now I took umbrage about his calling me ugly, but I was in no position to argue the point. Was I afraid? Not really, I was terrorized! Quite frankly, if he had pulled the trigger I think I would have outrun the bullet. Terror can make one jump high buildings, leap broad rivers, and other things.

Of course, I did what any right minded person would do; I walked away and made certain that I did not run into him again – ever! I responded as anyone would do to danger. That is a normal reaction to a threatening situation. However, the fear the Bible speaks of, the spirit of fear, is what I call chronic or irrational fear. With normal fear you run and hide, but, if the fear is chronic, there is nothing to run from, no place to hide.

Unresolved fear creates a moral rot!

Unfortunately, we live in a fear-ridden society. America has been slowly succumbing to a creeping anarchy for decades. The America I grew up in no longer exists. What is left is disintegrating before our eyes and because it hasn't been catastrophic, we have accepted it as part of our enlightened tolerance. As perversion has become commonplace, fear has become a lifestyle.

Basically, there are two types of fear – **circumstantial** and **chronic**. Circumstantial fear is related to events and chronic fear is related to relationships, unless it is related to some type of organic or physical problem. For example, a malfunctioning thyroid gland will cause all kinds of emotional havoc. This is why I always ask those who come to see me with serious anxiety (fear) or other problems to see a competent medical doctor who is familiar with imbalances.

While circumstantial fear usually occurs quickly and leaves when the danger is past, the fear itself must be addressed lest it creates chronic fear. For example, I had a lady come to my office in a very agitated state. Without regard to protocol or formality she blurted out, “You have thirty minutes to convince me not to commit suicide.” She made it quite clear that she was serious.

She began to relate her story to me, a tragedy that had taken place just six months previous. During a break in her classes she had gone to a department store to make some purchases, and

when she came out and got into her car, a man put a knife to her throat and told her to drive away.

Taking her to a deserted area, he began to torture her and eventually raped her repeatedly. Amazingly, he let her go. The man was never caught. This event was so traumatic to her that she dropped out of school and got a job. To protect herself, she rented an apartment and did everything to be safe. She had alarms, double locks on the doors and motion lights in the house.

Yet, one night a man cut through the screen on her bedroom window, circumventing the alarms and raped her. She was emotionally destroyed. Neither man was ever apprehended causing her to live in constant fear they would return to rape or kill her again.

Her fear had isolated her – she felt alone, abandoned and worthless. This insidious renegade emotion was blackmailing her, leaving her an emotional and physical wreck. Finally, she broke and decided life was not worth living. When her pain of living outweighed her fear of dying, she decided to take her own life. That is when she came to see me.

This was not a time for clichés or shallow answers, she desperately needed resolution. I asked her to bear with me for I was going to do something she had never experienced before – we were going to address her problem strictly from the Bible. Her look was incredulous, but she felt she had nothing to lose. Quickly turning to Scriptures, I began to read *“There is no fear in love; but perfect love casts out fear, because fear involves punishment, and the one who fears is not perfected in love”* 1 John 4:18.

Love and fear, I told her, were incompatible and if she was willing, God’s love could banish the fear from her life. It would take time, there would be times of doubt, fear wouldn’t leave easily, but God’s love would eventually win. “There will be a point in your life,” I told her, “when you will realize that, ‘I am loved.’” This abused women did not buy all that I was saying, but she did listen.

I went on. “In spite of what happened to you, God loves you with a love no one can understand. Only God can bring meaning to your tragedy. You can either let what happened to you destroy you, or you can allow God to give you victory over it.” Our time was done, but God had banished the thoughts of suicide. No, there wasn’t instant healing. She had a long ways to go, but now she was willing to consider Christ’s claims upon her life. The power of God’s love is something we know so little of and need so much of.

The most difficult thing for a rape victim is to come to the point of forgiveness. I point out to them that forgiving is not condoning. That by forgiving in response to faith, would forever remove any “hooks” that remained. Once forgiven, the rapist could no longer hold her in bondage.

Most of us would like to be heroes. This is normal as apple pie and ice cream. But it is hard to look noble when your knees are shaking. First, it is not wrong to be afraid. It is what we do with the fear that is important. My younger brother had a fear of heights, so when my parents asked us to help paint our two-story house, it posed a problem for him. Not having the same fear, I would

clamber up and go to work. It took all his nerve to steel himself to climb that ladder, but climb he did. This shows a very important principle:

Courage is not the absence of fear, but victory over it!

With circumstantial or normal fear, it is fairly simple to see resolution. But chronic fear (the spirit of fear) is irrational. Unfortunately, there are many who accept irrational fear as a normal part of their emotional makeup. Nothing could be further from the truth.

Let's face it, most fear comes as the result of frightening or dangerous situations. This is not irrational fear but a normal response. But what of Peter and his colleagues who were facing a satanically inspired storm? They were definitely facing a real life-threatening situation. Wasn't their reaction normal? Why then did Jesus accuse them of cowardice?

The answer is simple. These men had yet to try out their new found faith. They had not come into the knowledge of Christ which would have banished their fears. Later, as they grew in grace and intimacy with Jesus, their fear was replaced with a vital, bold faith, a conquering faith. That will also happen with us as we walk closely with our Lord. How do I know? Because perfect love casts out fear (1 John 4:18). What happened to these disciples is that they faced their moment of terror and it conquered them, something that happens to all of us at one time or another.

My moment of terror came when I was in the army, just twenty years of age. I was a bomb disposal expert and assigned to cleaning up the unexploded bombs left over from World War II on Okinawa. On this particular day, I along with my top kick (first sergeant) and another NCO were assigned to blow up old anti-tank mine fuses. It was dangerous work.

We placed several boxes of these fuses in the hole and set the charge. Unfortunately, it failed to explode properly, scattering the fuses over a wide area. Returning to the blasting hole to see what remained, an explosion consumed us, blowing us into the air. I landed some distance away in the ocean surf. The back of my head was on fire and I feared shrapnel had created life-threatening injuries.

I knew I was going to die and I lost it. I pulled my hand away from my head, thinking that if there was blood, I was just going to go ahead and die. But, there was no blood and suddenly I was as calm as a cucumber. All fear was gone.

To shorten this rather lengthy explanation, the top kick was injured and we rushed him to the hospital. And then came the most difficult decision I have ever made. I had to decide whether to go back and continue doing what we had been assigned to do. My fear was palatable; I was one scared young monkey. At that moment I had to decide to complete the task. I knew my duty, I had to go, but I could be killed. I had to face my fear.

That is when I discovered that courage is not the absence of fear but victory over it. I went back and began where I left off but very gingerly. Mind you, if someone had dropped a firecracker I

would have had a heart attack. I didn't feel very brave, just greatly relieved when it was all over.

But not all fear is the same. There are different kinds of fear. Fear comes in different intensities. They vary in different people. For example, you might be suffering from Arachibutyrophobia or Triskadekaphobia. These fears are classified as phobias and researchers have listed some 138 different phobias. If Arachibutyrophobia is your problem, it means that you have a fear of peanut butter sticking to the top of your mouth. If Triskadekaphobia is your problem, it means you're afraid of the number 13. One seven year old boy was observed eating a peanut butter sandwich upside down. He had resolved his fear.

By the way, if Bromidrosiphobia is your problem, it means that you have a fear of BO – body odor. (I would like to meet the man or woman who came up with these names. I would bet they are probably in the nut house now, and I am sure there is a name for that.)

We live in a world of fear - small wonder with all the violence and evil that we read about daily. This brings us to a very basic principle. It is this:

The fear of God is the beginning of wisdom.

Fear is a hydra-headed monster that breeds a host of other renegade emotions such as anxiety, dread (which is guilt mixed with the fear of punishment) and terror, etc. Fear is the root cause of all other renegade emotions.

However, the Bible shows us not all fear is bad fear. As I said, there is a healthy fear, such as fleeing from danger. There is a holy fear, such as reverential awe of God. Both are good, both are needed. The primary reason for the moral collapse in America is due to the fact that people no longer fear God. America has lost the sense of God's majesty.

It is the wrong kind of fear that is the problem, which left unresolved, brings serious emotional problems. Two Greek words spell out fear. The first is *phobia* which is used in both a good sense and bad sense. Then there is *delirium* which means fearfulness, cowardice, or timidity. In 2 Timothy 1:7, the word *deliria* is used. God has not given us the spirit of timidity or cowardice.

In the classical Greek, *phobia* has three meanings: (1) panic, (2) fearful, and (3) reverence. From this, the New Testament shows there is a holy fear and an unholy fear, a right fear and a wrong fear, a healthy fear and an unhealthy fear.

The wrong kind of fear, irrational fear, I believe, is the fountain head of all emotional problems. It brings a person into bondage, blackmailing them through their own emotions. The key to overcoming the wrong kind of fear is replacing it with the right kind of fear. In other words, we want the fear of God, the reverential fear to supersede destructive fear.

This kind of fear is never felt as fear, but an exhilarating, wonderful reverence which creates an intimacy between God the Father and us, His children. The unique fear, this holy reverence, while it cannot be manufactured by us only created in us by the Holy Spirit and produces many positive factors.

1. A relationship with the Father (Psalm 9:10; Proverbs 1:7).
2. A source of our own godliness (2 Corinthians 1:7).
3. A motivating power as to Christian action (Philippians 2:2), and of Godly persuasion (2 Corinthians 5:11).
4. An increased awareness of God, one that impacts our own lifestyle (1 Peter 3:2).
5. A godly sorrow which brings about true repentance, producing relief and rapport with God and alleviates guilt (2 Corinthians 7:11).
6. Best of all, it is the beginning of true wisdom (Job 28:28).

I said before that courage is the not the absence of fear, but the victory over it. Fear, the wrong kind of fear, evaporates in the light of a true knowledge of who God is to us and what He does for us. The degree of victory over fear is to the degree we come into an intimate knowledge of God through our Lord Jesus Christ.

*SPENDING TIME WITH GOD...*

## LESSON ONE

### RECOGNIZING FEAR

Recognizing and acknowledging fear, rather than hiding or ignoring it, is important in dealing with this emotion as a cause of depression. Fear that is forced into the light and dealt with will soon lose its force. Being fearful is not the problem, but rather what we do with the fear. Therefore, what we want to accomplish in this study is to:

1. Recognize our fears.
2. Isolate those fears. Putting them in perspective.
3. Face our fears.
4. Conquer our fears.

As you do the following assignment, read Matthew 8:23-26, the passage we started with: *“When He got into the boat, His disciples followed Him. And behold, there arose a great storm in the sea, so that the boat was being covered with the waves; but Jesus Himself was asleep. And they came to Him, and woke Him saying, ‘Save us, Lord; we are perishing!’ He said to them, ‘Why are you afraid, you men of little faith?’ Then He got up, and rebuked the winds and the sea; and it became perfectly calm”* Matthew 8:23-26.

1. How would you describe the actions of the disciples?
2. Would you say they were fearful for their lives?
3. These were seasoned sailors, so why do you feel they were so terrorized?
4. Obviously their fear was real, but do you feel it was justified?
5. What do you think of Jesus’ response to their plea?



6. Jesus chided the disciples, but didn't condemn them. However, they had seen Jesus perform miracles, but when it came to them personally it was a different story. What do you think was their main problem?
  
7. Would you describe what Jesus did to calm the storm as a miracle?
  
8. What was the disciples' reaction to Jesus' rebuke?

*There is no fear in love; but perfect love casts out fear, because fear involves punishment, and the one who fears is not perfected in love” 1 John 4:18.*

I want you to list your fears in order of intensity. Start with the thing you fear the most.

- 1.
- 2.
- 3.
- 4.
- 5.

Job relates a basic principle: What we fear the most often comes to pass – Fear becomes a self-fulfilling prophecy.

To read Job is a demanding exercise. The tragedies that befell that great man are awesome, yet he retained his faith in God. But, he had his fears. He constantly interceded for his children, lest they had done something wrong, committed some sin. It was at this point Job was most vulnerable. He wrote, *“For what I fear comes upon me, and what I dread befalls me”* Job 3:25.

What we discover is fear creates a self-fulfilling prophecy. Now what do I mean by this? Let me explain by giving an example. I have spoken with scores of women who have harbored a great fear of becoming like their mothers. Over time I have observed that the stronger the fear, the more like their mother they became.

Another man, a counselor by profession, had a deep-rooted fear of having someone go berserk on him. Rather than face it, he ignored it until such a time that it actually happened. The situation was handled well, but three days later he experienced a severe panic attack. All related to the fear he held.

## LESSON TWO

### PUTTING OUR FEARS IN THEIR PROPER PERSPECTIVE

*"For this reason I say to you, do not be worried about your life, as to what you will eat, or what you will drink; nor for your body, as to what you shall put on. Is not life more than food, and the body more than clothing?" Matthew 5:25.*

President Franklin D. Roosevelt in his inaugural speech made this famous statement: *"We have nothing to fear but fear itself."* Fearing our fears means the fear is out of perspective. In fact, fear might be running riot in your life. Like the lady who had such an intense fear and utter conviction that a brick would fall and hit her on the head when she left the house. Her answer? She would prop the storm door open, open the front door, take six steps backwards and then run as hard as she could and leap through door. Bizarre, I guess!

Let me repeat, courage is not the absence of fear, but victory over it. Everyone is fearful sometime in their lives. There is nothing wrong with that; it is what we do with it that is important. Either we can allow fear to rule our lives, or we can rule the fear in our lives.

God doesn't choose to remove our fears. That would create a vacuum, which cannot exist. His formula is to replace the renegade emotion with a Spirit-filled one. His formula is faith for fear. This assignment is designed to put fears into perspective by isolating them.

1. Read Psalm 9:10. What is the condition for putting our trust in God?
2. Can a person trust God without knowing God?
3. Would you say there is a direct correlation between our knowledge of God and our trust in God?
4. How do you feel one can get to know God better?
5. In reading the Matthew passage at the beginning of this assignment, we are promised that God will supply the basic needs for survival. Do you really believe this?

6. Jesus said the Father is aware of our needs. Have you brought your needs specifically before God?
  
7. Referring back to our first assignment, I want you to take the thing you fear the most and do the following:
  1. Spell out in detail the fear.
  
  2. Write out where you feel the fear came from.
  
  3. Explain what you have attempted to do about this fear  
.
  4. Has this fear interfered with your life in any way?
  
5. Do you believe that God can take this fear away and replace it with faith?

## LESSON THREE

### FACING OUR FEAR

Most people rather than face their fear either ignore or deny it, hoping it will go away. Unfortunately, renegade emotions do not have a habit of just disappearing. They need to be faced, attacked, and overcome. This assignment is designed to allow you to face your fears.

*"These things I have spoken to you, so that in Me you may have peace. In the world you have tribulations, but take courage, I have overcome the world"*  
John 16:33.

*"Peace I leave with you; My peace I give to you; not as the world gives do I give to you. Do not your heart be troubled, nor let it be fearful"* John 14:27.

The word "troubled" or "tribulation" has the meaning of agitation, confusion, stress, shaken, distressed, anguished, or distracted. It speaks of a strong reaction in yielding to the assault of fear, which hinders one's walk with Christ.

1. What is Jesus' warning to us in John 16:33?
2. What is His promise?
3. What do you think Jesus means when He says, "I have overcome the world?"
4. When you hear the word "peace" as used above, what comes to your mind? Describe.
5. Does fear rob you of God's peace?
6. In 2 Timothy 1:7, we are told that God has not given us a spirit of fear. If that is so, and it is, then where does this spirit come from?

7. Read Hebrews 2:14. What fear did Satan use to keep mankind in bondage?
  
8. What does Proverbs 29:25 say about fear?
  
9. Read 1 John 4:18. What is God's antidote for fear?
  
10. The word "perfect" means completeness or wholeness. How does one gain a perfect love?

In facing our fears, an honest analysis of our emotions is necessary. We recognize our fears so we can isolate them. The idea is to defeat our fears in detail. Therefore, there are several principles you need to follow:

1. We cannot achieve perfect love through our own efforts. Don't renew your efforts; let God renew your mind.
2. It is impossible to manufacture a perfect love. This kind of love is not emotional but supernatural.
3. Only the Holy Spirit can bring this kind of love (Romans 5:5).
4. Only God's power will accomplish driving out fear through love (2 Corinthians 12:9).
5. We must be filled and empowered by the Holy Spirit. For further study I suggest my book, "*Candidate for a Miracle (Being Filled with the Spirit)*" which is Book 9 in the *Pneumanetics Original* series, and can be secured by going to [www.HisTruthTransforms.org/Store](http://www.HisTruthTransforms.org/Store).

## LESSON FOUR

### CONQUERING OUR FEARS

There is a very pointed command in 1 Peter 3:14: *"Don't be afraid of their threats, and don't allow them to intimidate you!"* This is the same Peter who allowed his fear to so dominate him that he denied the Lord Jesus three times. Yet, in Acts 2, in the face of a hostile mob, he proved to be bold as a lion. What brought about this change? The answer is that he was filled and empowered with the Holy Spirit.

A spirit of fear is a demonic spirit, a gift from the devil. The Bible teaches there are good spirits and bad ones. This kind of fear is one of the badest of the bad. Far too often we accept this evil spirit as part and parcel of our personality makeup. Don't fall for that trap. The spirit of fear is so overshadowed by the Holy Spirit it is ludicrous.

The purpose of this assignment is to conquer our fear. It can be done, believe me. In the early days of my counseling ministry, pastors would send to me people who manifested demonic problems. Because many of these situations were quite bizarre, the pastors would not touch them.

However, whenever I was faced with one of these situations, I experience a very deep and abiding fear. I could not understand this reaction. Still, I persisted, but so did the fear. Finally, I came to the point of admitting I was a fearful person and I began to attack the fear through the Word of God and prayer. It took some time, but in the end fear had to go and go it did. The power of God in and through the love of God defeated this enemy.

We can assume it is not God's will to be fearful. Therefore, we can attack our fear(s) with confidence they will be defeated entirely.

1. Read Ephesians 4:22-24. Would you say that fearfulness is part of your new identity or old?
2. What are we to do with the things of the old identity according to this passage?
3. We are told to "put off" the characteristics of the old identity and "put on" the characteristics of the new, would you say this involves a decision to do so on your part?
4. Praise is a powerful tool of prayer. Every time you feel fearful, begin to praise God.

5. Whatever you do, do not take counsel of your fears. Don't listen to them. Rather order your life after the Word of God.
  
6. Begin to memorize appropriate Scripture. The Bible claims for itself that it is supernatural. 1 Thessalonians 2:13 uses *energeo* to describe work. This Greek word indicates the supernatural power of the Word of God. Use the Word of God as a sword to fight the enemy.
  
7. It is interesting that in James 5:16 the prayer of a righteous person is "effectual." Here again is the word *energeo*. What this means is that our prayers, based on the Word of God, have a supernatural power about them. Use it to combat fear!

It is God's will for you to conquer your fears and it is God that will help you overcome your fearfulness. So, let's address how to deal with your fear.

# *YOUR NEXT STEPS...*



## FOUNDATIONAL TRUTHS

The next step to understanding how to continue to express healthy emotions is to grow in your experiential knowledge of God. Developing a healthy identity that reflects the indwelling presence of Christ and accepting the Bible as God's Word—and therefore, as our final and supreme authority—are equally important.

Every Christian has a personal testimony of God's grace in their lives. Unfortunately, many remain only babies in Christ, choosing not to grow in Christian maturity and develop an intimate and joyful relationship with God. To continue in your journey of knowing God is to learn, understand, and activate what we call foundational truths.

*“For everyone who partakes only of milk is not accustomed to the word of righteousness, for he is an infant. But solid food is for the mature, who because of practice have their senses trained to discern good and evil” Hebrews 5:13-14.*

The first foundational truth is “**Understanding who you are in Christ.**” The reason this truth is so important is because most believers step into their new birth experience with their old mind chatter dictating their emotions, behaviors, and beliefs. This dialog is normally in opposition to their new identity in Christ.

The second foundational truth is “**The Holy Spirit.**” Without understanding of the indwelling, empowering work of the Holy Spirit, we are left to go through life under our own initiative and power instead of God's. The Holy Spirit is the One who takes God's Truths and makes them a reality in our lives.

The third foundational truth is “**Renewing the mind.**” Without the process of renewing our mind to the truth of who God is and who God says we are, we will continually struggle in our Christian walk striving to experience the abundant life Christ promised.

The fourth foundational truth is “**Seeing your Heavenly Father for who He truly is.**” The important point here is believers usually take their experiences with their earthly dads, moms, and authority figures, good or bad, and clip art those experiences to God's face and end up worshipping God incorrectly.

The cornerstone of these foundational truths is “**The Holy of Holies: the temple of God.**” Jesus, through His life, death, and resurrection, made it possible for believers to have immediate access to God and His throne, the Holy of Holies. For believers to understand they are God's temple and God's Spirit lives in them (1 Corinthians 3:16), brings in a worship that sets them free to experience their life in Christ, free to worship God in spirit and truth, and free to follow the Holy Spirit as He renews the believer's mind to truth.

For further study on these foundational truths, I recommend you do our *Free Indeed!* Bible study and our *Pneumanetics Original* series which are outlined on page 31.

As you have read this book, hopefully it has helped you begin to know God at a deeper level so He becomes the most important person in your life. As our relationship with God continues to mature, it allows us to break free from the power of sin, free from the power of our renegade emotions, and live in victory as a believer. God's empowering presence is what enables us not only to live the Christian life victoriously, but to serve Him effectively. This transformation makes us outwardly what God has already made us to be inwardly.

## **RENEWING OUR MIND**

As we have said, emotions are a fact of life, but we don't have to experience them in a negative way. God doesn't simply remove the destructive emotions that taunt and haunt us. No, that would leave a vacuum which cannot exist. He does something far better; He replaces them with Spirit-filled emotions.

Emotions in and of themselves are not right or wrong. They are morally neutral. However, they do communicate to us there is something going on in our thoughts and beliefs that need to be examined. We need to understand and allow our emotions to be an indicator to a deeper problem. When our emotions become messy and controlling, they have become more true to us than God's Word. This is why it is so important to ask ourselves, "Why do we feel the way we feel?" This is something David practiced.

*"Why are you in despair, O my soul? And why have you become disturbed within me?"* Psalm 42:5a.

There is a reason we feel the way we do, and we need to examine how our thoughts and beliefs are promoting our emotions. God desires to help us handle our emotions:

*"Casting all your cares [all your anxieties, all your worries, all your concerns, once and for all] on Him, for He cares about you [with deepest affection, and watches over you very carefully]"* 1 Peter 5:7, Amplified Bible.

The moment we accept Christ as Lord and Savior, we receive a new heart, a new human spirit, and the Holy Spirit comes to live within us. God is beginning a mighty process of conforming us to the image of His Son. The environment in which God does this work is called life and all that it entails. The method of conforming us to the image of Jesus is the work of the Holy Spirit through the revealing of truth, and it requires us to respond by applying that truth to our lives. As we are now understanding, Scripture calls this process renewing the mind, also known as "putting off" the lie or renegade emotion and "putting on" the truth or the healthy emotion. Again, our involvement in this process is imperative.

The question that comes up is "What lies are we renewing our mind from?" This would be anything and everything that stand in contradiction to God's Word. Since our unrenewed beliefs, thoughts, emotions, and behavior think in contradiction to God's truth, they must be dealt with so that we can function as God has designed us as new creations in Christ.

Recognition is the key to correctly diagnosing our renegade emotion. When we correctly diagnose what is causing our emotion it allows us to respond in a Godly way.

## **HOLY SPIRIT’S EMPOWERMENT**

Christians seem to be willing over and over again to renew their efforts—rather than renewing their minds. Renewing our minds is not an option. It’s a command that comes directly from God. However, we cannot renew our minds correctly apart from the empowering presence of the Holy Spirit.

The Holy Spirit leads, directs, and executes our renewal from within us, something He does daily (2 Corinthians 4:16). There are many secular programs such as behavior modification or the power of positive thinking, but all of these programs attempt to change a person from the outside in, rather than God’s way of changing a person from the inside out. A true renewing of the mind can only come through the application of Truth by the Holy Spirit.

The renewing of the mind is a partnership, the product of an active, engaged relationship between us and the Holy Spirit—the same power that raised Christ from the dead—within us. Renewal is a process that, over time, changes our renegade emotions to healthy emotions or wrong beliefs into right ones. Renewal is a spiritual exercise where we practice to consistently make volitional decisions by our faith, rather than by our feelings.

## **PUTTING OFF / PUTTING ON**

Again, a key principle of Christian sanctification is known as “putting on” and “putting off” or renewing our minds. The idea is simple. It means to change from one thing to another, in the same way that you would take off one set of clothing (“putting them off”), and then “putting on” another set of clothing in their place.

Putting off your renegade emotions can prove very frustrating because there’s typically a gap between the moment when we make a decision in faith and the outcome of that choice, the time when we finally get to experience the reality of that decision in our lives. But as you keep choosing God’s Truth, allowing the Holy Spirit to change you, permanent change will take place. Keep persevering in trusting God to keep transforming you into His likeness.

In the process of putting off, God never removes one thing without replacing it with something far better (putting on). If you find the prospect of becoming a different person intimidating, try to remember that God is in the business of creating masterpieces, not imitations. He loves you and He wants only what’s best for you—even more than you do!

Because we continue receiving inputs that we need to process for the rest of our lives, we are using the R.E.A.C.T. process in dealing with our renegade emotions and inaccurate beliefs to help us constantly challenge our erroneous belief system, transforming deception with Biblical truth.

## **RENEWING OUR MINDS USING R.E.A.C.T.**

R -	RECOGNIZE	the real problem; identify the emotion and the source of that emotion.
E -	EVALUATE	your thoughts; ask God what you are thinking and believing that is causing this emotion

		to surface.
A -	AFFIRM	by admitting you alone are accountable for your emotional response. Ask God to show you anything in your life He wants to deal with.
C -	CONFRONT	in faith; recognize your emotions seem more real than God's Word. Ask the Holy Spirit to replace the negative emotion with His Godly emotion which motivates your Godly behavior.
T -	TRUST	in God, His Word, and the Holy Spirit to work in your life. Thank God He is in the process of conforming you to His image and allowing you to walk in your new identity in Christ.

### **RECOGNIZING OUR EMOTIONS:**

In recognizing what emotion we are experiencing, we need to ask ourselves, "Has something made me produce this emotion, or do I feel this all the time?" In either case, recognizing our emotions and the source is necessary in dealing with them.

### **EVALUATING OUR EMOTIONS:**

Start by acknowledging what emotion you are experiencing. Review the chart, "How Do You Feel?" on page 29. You can ask God, "How am I responding to people, situations, and circumstances?" to help identify what I am feeling. Then begin to ask God what your thoughts and beliefs are that are causing this emotion to surface.

### **AFFIRMING OUR EMOTIONS:**

Affirmation is simply admitting to something in your life God needs to deal with. It is so easy to become upset at a person instead of dealing with what is going on inside us. The Bible teaches we are accountable for the decisions we make. Remember, we are responsible for our emotional response, no matter the cause. No one puts the emotion in us, they simply bring it out.

### **CONFRONTING THE EMOTIONS:**

You cannot appease an emotion. With any emotion, we need to enlist the power of the Holy Spirit in addressing it. You simply confront it in faith, asking the Holy Spirit to "put off" your negative emotion and replace it by "putting on" His Godly emotion which motivates Godly behavior. It might take time but God's promises never fail and He will allow you to overcome the destructive power of the emotion in your life. Review the chart, "Recognizing My Fears" on page 30 to help "putting on" God's Truth to overcoming your fear.

### **TRUSTING GOD:**

There can be no real or meaningful changes in lifestyle apart from the work of the Holy Spirit. Thank God He is allowing you to walk in your new identity in Christ. You are being conformed to His image. The end result will be you living in holiness and worshipping God which leads to experiencing the abundant life God promised!

## HOW DO YOU FEEL?

<p><b>LONELY</b></p> <p>left out friendless forsaken lost isolated withdrawn lonesome insignificant separate rejected withdrawn</p>	<p><b>ANGRY</b></p> <p>furious hacked off aggravated mad hard irritated distant frustrated boiling indignant out of control</p>	<p><b>SAD</b></p> <p>dejected unhappy dreary woeful depressed cheerless blue grieving gloomy glum downcast heavy-hearted</p>	<p><b>HAPPY</b></p> <p>joyful ecstatic cheerful upbeat glad pleased delighted light bright vivacious elated bouncy</p>	<p><b>LOVING</b></p> <p>tender affectionate warm accepting kind devoted forgiving loyal sympathetic caring</p>
<p><b>GUILTY</b></p> <p>ashamed criticized cursed damned doomed dirty judged trapped embarrassed</p>	<p><b>INADEQUATE</b></p> <p>weak small useless bashful meager deficient inept powerless vulnerable</p>	<p><b>PEACEFUL</b></p> <p>calm quiet serene collected sedate content composed cool tranquil</p>	<p><b>BELONGING</b></p> <p>popular famous needed important well-known accepted attached influential valuable worthwhile</p>	<p><b>SECURE</b></p> <p>safe protected stable optimistic sure poised hopeful confident assured</p>
<p><b>AFRAID</b></p> <p>anxious frightened alarmed jumpy fearful shocked unnerved tight scared terrified timid shaky</p>	<p><b>HATEFUL</b></p> <p>hostile unfriendly mean critical quarrelsome nasty jealous spiteful harsh</p>	<p><b>POWERFUL</b></p> <p>strong energetic assertive upbeat great dominant pushy assured sure aggressive confident intoxicated</p>	<p><b>INNOCENT</b></p> <p>pardoned pure forgiven clean set free released exonerated fresh naïve acquitted justified</p>	<p><b>OTHER:</b></p>

## RECOGNIZING MY FEARS

### IDENTIFYING WHAT I FEAR

### INTENSITY OF MY FEARS (-1-2-3-4-5 + 6-7-8-9-10+) <Less More>

### GOD'S ANSWER TO MY FEARS

Fear of being alone	Hebrews 13:5	Matthew 28:20
Fear of rejection	Romans 15:7	Romans 4:1
Fear of failure	Hebrews 4:16	Philippians 4:13
Fear of being abandoned	John 14:1-2	Psalms 9:10
Fear of the dark	Psalms 91:5-6	Psalms 119:105
Fear of death	Hebrews 2:14	2 Timothy 1:10
Fear of danger	Psalms 3:3-4	Psalms 95:7
Fear of the unknown	Proverbs 3:5-6	Psalms 27:1
Fear of being sued	1 Peter 3:16	Psalms :6
Fear of exposure	Psalms 18:30	Isaiah 25:4
Fear of insanity	2 Timothy 1:7	Isaiah 40:31
Fear of being an invalid	Isaiah 53:5	Romans 15:13
Fear of being poor	Proverbs 8:35	Romans 8:32
Fear of loss	Ephesians 3:20	Matthew 6:19-20
Fear of heights	Psalms 91:11-12	Psalms 34:7
Fear of bad news	Psalms 112:7	Jeremiah 15:16
Fear of calamity	Psalms 91:11	Jeremiah 17:17
Fear of being assaulted	Matthew 10:28-31	Psalms 18:2
Fear of comparison	Jeremiah 29:11-12	Proverbs 22:1
Fear of job loss	Psalms 7:10	Proverbs 22:29
Fear of God	Isaiah 8:13	Romans 8:36
Fear of not having children	Genesis 9:7	Genesis 18:13-14
Fear of not getting married	Psalms 37:4	Psalms 145:19
Fear of war	Nahum 1:7	Luke 21:9
Fear of harm	2 Corinthians 6:18	Psalms 27:1
Fear of divorce	Ephesians 5:25-33	Mark 10:6-9
Fear of ill health	Psalms 41:3	Jeremiah 8:22
Fear of emotional problems	Proverbs 10:28	Matthew 11:28-30
Fear of public speaking	Proverbs 16:24	Luke 21:13-15
Fear of losing a loved one	Matthew 18:14	1 John 5:14-15

## ACTIVE STEPS:

To continue this transformation in making you outwardly what God has already made you to be inwardly we recommend the following classes and books:

- 1. Free Indeed! God's Empowering Word Infused in our Lives Makes us Free Indeed.**  
This is a 9-week Bible study held at His Truth Transforms International, local churches, home Bible Studies, or can be purchased and completed on your own.
- 2. Pneumanetics Original Series.** This 18-book series will cover every aspect of your Christian life. You can purchase the books and/or take our two semester training class, which is beneficial for personal growth or equipping you as a Biblical counselor. The following topics are:

### SESSION 1 THE BASICS

- Book 1 Introduction
- Book 2 The Sufficiency of Scripture
- Book 3 The Nature of Man
- Book 4 The Fall of Man
- Book 5 The Self-Life
- Book 6 Spiritual Warfare

### SESSION 2 THE BEGINNING

- Book 7 Our New Life in Christ
- Book 8 It Took a Miracle (Forgiveness)
- Book 9 Candidate for a Miracle (Being Filled with the Spirit)
- Book 10 Living on the Cutting Edge

### SESSION 3 THE BELIEFS

- Book 11 Belief Systems
- Book 12 The Torah Syndrome (Legalism and Standards)
- Book 13 Becoming Who You Already Are (Building a Christian Identity)
- Book 14 FatherHunger/MotherHunger (AWOL Parents)

### SESSION 4 THE BENEFITS

- Book 15 ABBA Father (Knowing God as Father)
- Book 16 A God for All Seasons
- Book 17 The Grace Connection
- Book 18 Worship His Majesty

- 3. Visit HTTI'S Bookstore** to order the additional books on *Preventing Emotional Meltdown; Overcoming Emotions that Destroy Series* which are "God's Solution for Man's Anger," "God's Solution for Man's Anxiety," "God's Solution for Man's Depression," "God's Solution for Man's Fear," and "God's Solution for Man's Guilt," as well as other books written by Jim Craddock.

Also, to learn more about the classes and seminars offered, or sign up for counseling at [www.HisTruthTransforms.org](http://www.HisTruthTransforms.org).

## ABOUT THE AUTHOR

James Henry Craddock, author, lecturer, pioneer in biblical counseling, and founder of several God-focused and life-changing ministries, came to Christ through the ministry of The Navigators on Okinawa, where he served as a nuclear weapons disposal technician. Following graduation from the University of Colorado, he joined Campus Crusade for Christ, where he ministered for 15 years to college students, speaking on more than 50 campuses each year.

In 1973, Jim founded Scope Ministries International, a ministry of biblical counseling. He has authored over 27 publications, including *Pneumanetics Original*, *Pneumanetics*, and co-authored *Be Transformed*, which continues to be used by individuals, churches and biblical counseling centers. In 1986, Jim founded the International Association of Biblical Counselors to unite the discipline of biblical counseling.

Following the Alfred P. Murrah Federal Building bombing in Oklahoma City, World Trade Center attacks in New York City, and several natural disasters, Jim wrote a Rapid Response Manual, which was used as a prototype by the Billy Graham Evangelistic Association (BGEA), to assist ministries in their disaster relief outreach. BGEA called on Jim to lead the counseling at The International Conferences for Itinerant Evangelists at Amsterdam 83, 86 & 2000 and to provide counseling at many of the BGEA Conferences around the world.

In 2006, Jim's latest calling was His Truth Transforms International. A faith-based, non-denominational 501(c)(3) ministry founded on the sufficiency of Christ and His Word.

On April 1, 2014, Jim went home to his Heavenly Father. We are so thankful that he spent his life taking biblical truths and transforming them into principles that, when applied, will transform a person's life from the inside out. Jim devoted his life to helping others know the one true God. He is greatly missed!



## **ABOUT HIS TRUTH TRANSFORMS INTERNATIONAL**

*– providing Biblical tools for effective ministry –*

**His Truth Transforms International (HTTI)** was founded in 2006 by Jim and Doris Craddock and Christi Craddock Taylor. This unique nonprofit, faith-based, non-denominational 501(c)(3) ministry was founded on the sufficiency of Christ and His Word. HTTI is designed to utilize Biblical truth in the development of material and programs that will enhance a Believer's walk with Christ and their ministry for Christ. HTTI offers personal and group counseling, classes, seminars, published books and material that will deepen a believer's personal relationship with Christ, as well as equip one to disciple others, both locally and internationally.

HTTI's heartfelt conviction is that biblical counseling must have a solid foundation in the Word of God in order to provide answers to hurting people. HTTI's goal is not to fix a person's problems, but rather to see a person transformed from the inside out through the Holy Spirit, God, and His Word.

HTTI does not charge for their counseling. The ministry is funded through the generous gifts of people who have a heart for helping others or who have been personally impacted by their lives being transformed through God's work in this ministry. Donations can be made at [www.HisTruthTransforms.org/Give](http://www.HisTruthTransforms.org/Give).