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May, June.
 July, August.
 2020
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 Issue 2

Fear

Fear was not a part of God's original design. Since the fall of mankind into sin, mankind has been plagued by fear. The first account of fear is when Adam and Eve hid from God in the Garden of Eden because they were afraid. Along with fear came guilt, shame and blame shifting. However, there can be different kinds of fear - a healthy fear of God. *The fear of the Lord is the beginning of wisdom.* In the New Testament approximately half of the time the word fear is used, it is used in a positive way and about half in a negative way. *For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.* IITimothy 1:7. Proverbs 29:25 - *The fear of man bringeth a snare: but whoso putteth his trust in the LORD shall be safe.* There is also a natural fear that protects us from harm and danger.

Some common fears are; fear of the unknown, surrender, honesty, rejection, separation, loss, failure, feeling unsafe, joblessness, what others think, sickness, accident, death, or fear itself.

The science and medical fields have lists of hundreds of fears and phobias. A unique one is Anatidaephobia = the

Acronyms for Fear

F alse	F ace
E vidence	E verything
A ppearing	A nd
R eal	R ise
F orget	E verything
E verything	A nd.
A nd.	R un
R un	

fear that somehow, somewhere you are being watched by a duck! Both medical and psychiatric communities acknowledge that fear, anxiety, and stress cause many diseases. Our bodies were not designed to live in continual, ongoing fear and can physically react to the fear in our lives. Living in a constant state of fear can destroy the immune system and be contributing factors to many allergies, illnesses and diseases such as: Irritable Bowel Syndrome, Ulcers, Fatigue and Lethargy, Shingles and Hives, Fibromyalgia, Multiple Chemical Sensitivity/Environment Illness, Migraine Headaches, and Hypoglycemia. Someone has suggested that disease stands for Dis-at-ease (*not at ease*). Fear often drives addictions, and also controlling and angry personalities. In addition, fear loves isolation.

Control comes from fear, fear comes from lack of identity, lack of identity comes from a lack of intimacy with the Keeper of the stars, Who holds us in the palm of His hand and welcomes us into the very throne room of heaven to sit and talk with Him and worship at His feet. – D.S.

Characteristics of fear: - In relationships: It keeps the heart from opening up, effectively stopping relationships; smothers others with worry; distrust of others, breaks down relationships; tendency to be co-dependant; blocks the ability to form new relationships.

- In personal life: creates indecision, causes confusion, creates panic, and troubles thoughts and mind.
- In spiritual life: shows a lack of trust and faith in God, unable to courageously follow the call of God, powerless against the kingdom of darkness, and prevents people from accepting Christ.

Continued on back

NOTE: Due to Covid-19 this seminar was postponed until Ontario opens up in the Comber area. If you have any questions please call.

**Place:
 Pilgrim Church
 6516 Main St.
 Comber, ON**

Pre – Registration *Would be appreciated but not required to attend.* To Pre Register Contact:

Dave Lichty - email
 djlichty@xplornet.com or
 Call 519-291-5203

Lester Martin - email
 sing4himlm@gmail.com
 Call / Text 519-584-5693

Gerald Weber - email
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 Call 519-291-4718

2020 Spring Seminar

Emotional Health

Theme: Negative Thinking vs. Healthy Thinking

Friday, Evening

6:30 – Registration

7:00 - Welcome & Prayer
 Gerald Weber

7:15 Topic – Who Am I / Identity.....Lester Martin

Saturday,

9:30 - Welcome & Prayer.... Gerald Weber

10:30 – Lies and Agreements...David Lichty

10:15 – Break

9:45 – Testimony.....Counselee

12:00 – Lunch bring your own

1:00 Practical Application / Renewing the Mind.

..... David Lichty

2:30 - Dismissal

Can You or Your Church Help

Due to being booked out for approximately a year, we need:

- Finances to support another mentor.
- Finances for more office space.

Fall Seminar
Pain & Trauma
Date: Oct. 31, 2020
Place: Moorefield Mennonite Church.

More Info In Next Newsletter

Prayer Requests

Wisdom for Dave, and a caring heart as he reaches out to hurting people.

Wisdom for the board as decisions are made for the ongoing work of the ministry.

Upcoming Seminars and speakers.

Fear Continued

Can I identify and name my fear? Can I be honest? How has fear affected my life? Is my fear real or imagined? Is my fear connected to a traumatic event, or a negative experience earlier in life? Is my fear connected to a lie from Satan? (*I can't, I don't have what it takes, not good enough, it's not worth trying, nobody loves me*). Does fear

Fear will **paralyse** you spiritually and give the enemy an **open** door. D.L.

look like an impossible mountain to climb, a walled city too great to overcome, or a giant too mighty to face? Consider the words of Caleb in Joshua 14:12 – *Now therefore give me this mountain, whereof the LORD spake in that day; for thou heardest in that day how the Anakims were there, and that the cities were great and fenced: if so be the LORD will be with me, then I shall be able to drive them out, as the LORD said.*

What is the opposite of fear? Faith and trust. With God on his side David faced and overcame Goliath. With God on their side Joshua and the Israelites overcame Jericho and the giants in Canaan. The disciples were fearful in the boat when the storm came upon them on the Sea of Galilee, but Jesus calmed the storm. – Mark 4. Do you have Jesus in your boat of life? Where do you find your security?

When a train goes through a tunnel and it gets dark, you don't throw away the ticket and jump off. You sit still and trust the engineer. – Corrie ten Boom

1 John 4:18 There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love. Psalm 56:3 What time I am afraid, I will trust in thee. See also Psalm 46, Psalm 91, Isaiah 41, Joshua 1, John 17, and the book of 1st John.

When David faced Goliath he didn't talk about how dangerous Goliath was – he talked about how great God is. Don't talk fear. Talk faith. @imsoblesseddaily

Being brave is not the absence of fear. Being brave is having that fear, but finding a way through it.

Bear Grylls

- Lester Martin

- 1. Spring Seminar**, Date: Postponed but as soon as Possible. See details on the front side of this newsletter.
- 2. Premarital Group Sessions** For engaged couples, but married couples are also welcome. We will cover some fundamental issues in relationships as a group, with the option of working privately on personal issues as a couple if required. Date to be determined when 4 to 6 couples have registered. Please contact Dave Lichty to register.
- 3. Grief Share.** We plan to start the next group in the fall of 2020. That group is almost full. Please contact Dave Lichty to register.
- 4. Presentation** There have been some inquiries about doing presentations at churches. We would gladly come and share with your congregation about the work of the ministry. To schedule a presentation please contact Dave Lichty or one of the board members.

Board Members

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Lester Martin (vice-chairman) 519-584-5693,
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Darrel Wagler (secretary) 519-595-4890,
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Keith Bauman (Treasurer) 519-699-0543, kk4bauman@gmail.com

If you are interested in financially helping this ministry,
Please make cheques payable to:

Peaceful Heart Ministries and send to:
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Discipleship Mentor

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