

Guarding Your Heart

Guarding your heart with fear: the intentional use of fear to control one's behavior, thoughts, or feelings. Managing your life with fear is not the same as freedom.

Examples

- Guarding my health with fear.
 - Rehearsing consequences to motivate weight management, stress management, fitness, etc.
 - Establishing “or else” disciplines and choices.
- Guarding my children with fear.
 - Helicopter-parenting, over-parenting.
 - Raising fearful children.
- Guarding my finances with fear.
 - Stress and hyper-vigilance.
 - Risk management (overdependence on insurance).
 - Lack of freedom.
- Guarding my provision with fear.
 - Immobilized.
 - Slavery mentality.
- Guarding my relationships with fear.
 - Sow seeds of rejection, betrayal, abandonment.
 - Stifles the growth of love and freedom.

False Beliefs

- Protection comes from preparation: “I can prepare if I’m aware.”
 - Hyper-vigilance.
 - Hyper-responsibility.
- Worst-case scenario planning is wise.
 - Dreaming up things to fear.
 - Expending energy unnecessarily.
- I enforce boundaries to avoid consequences.
 - Self-imposed boundaries for my safety.
 - Boundaries for others for my safety.

Guard Your Heart with Peace

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. - Phil 4:6-7

- Face the fear. *Identify the threat, confess it to God, ask for His help.*
- Receive the Truth. *Surrender to His leadership.*
- Fire fear as your guard. *“Fear, you have done a lousy job of guarding my heart. You’re fired! I’m replacing you with Peace.”*