

God's Redemy

Against Fears



Natural Fear Response (Hypothalamus)

In case of imminent danger the so-called "fight-or-flight response" is normal. It gives a person the immediate release of adrenaline, short-term speed and endurance. Due to persistent states of anxiety, however, this response is permanently triggered in a person and keeps the body on excessive alert through the hormones.

In this response, a gland in the brain, the hypothalamus, plays a decisive role. It sensitively reacts to emotions, thoughts and circumstances in life and by the release of hormones produces what happens deeply inside the soul and the spirit. The hypothalamus actively responds to fear, anxiety, stress, tension panic (attacks), anger, rage and aggression.

When someone is exposed to fear, anxiety and stress over a long period of time, the following functions in the body are also negatively impacted: the central nervous system, the cardio-vascular system and the immune system including different inflammatory reactions, the digestive system, the carbohydrate-/lipid and protein metabolism, the urinary function, as well as the connective tissue function and the muscular and bone function. This may lead to many diseases (acc. to Wright).



Further explanations on the medical, psychological and pastoral findings by Henry W. Wright may be found in the **Brochure** "The Outstanding Way to Live In Health – Spiritual Roots of Diseases" by **Fr. Gabriel Hüger** (fig. left). The **Brochure** (in English or German) and the accompanying **Audio-CD** (in German) as well as all the other folders and CDs mentioned can be ordered at the address given on the back side. Listen to and download on www.segnskreis.at.

Fear As Separation From God

"... men fainting with fear and with foreboding of what is coming on the world; for the powers of the heavens will be shaken. ... Now when these things begin to take place, look up and raise your heads, because your redemption is drawing near." (Lk 21:26;28)

How often does fear determine our life, does it paralyse us, block our memory of earlier answers to prayers, deprive of hope and joy in life, tempt to lazy compromises, lead away from Jesus and cause many diseases.

Fear means to be afraid that something bad will happen, and it is the opposite of faith. Fear and faith resemble each other. They are both directed towards the future and are both entitled to fulfillment. What matters is: TO WHOM DO I WANT TO LISTEN?

Do I believe and trust in Jesus who tells me: *"Do not fear, only believe."* (Mk 5:36) or do I believe the spirit of the lie, which visualises the most terrible things before our eyes?

Am I aware that it is in my power, to whom I open the door in my life: God or the spirit of fear?

The Spirit of Fear

Natural fear is part of our creation ("fight-or-flight response"). But there is an enemy who pushes us one step further ahead and makes fear a permanent way of life. He knows how to spiritually/mentally manipulate so that his realm of suppression harms our life with many diseases and, at the extreme, even destroys it. Fear is not only an emotion. The bible calls fear on this level an evil spirit. The "spirit of fear" is a very intelligent enemy which – wherever possible – gains entry into the life of man. It wants to control our thoughts, both in the spirit and in the soul and make us sick. The power of Satan consists in the fear (Peter calls him a "roaring lion" in 1 Pt 5:8). Who follows fear does not follow God (according to Henry W. Wright).

What Makes Fear a Sin?

When we nourish and cherish a spirit of fear, we express with our action that we do not trust God and therefore have to take control over our life ourselves. Thus, we so to speak say to Jesus: *"Jesus, I don't actually trust you! You cannot fulfill my needs as protector."*

Therefore, nourished fear is a sin, because it deprives us of the fullness of life with God and our fellow human beings and manipulates our thoughts. Because fear is the substance of what one does not hope, the conviction of things which one does not see (cf. Heb 1:11). One may live in a faith of fear and consider it as real faith; but if one were standing in true faith, one would not have this problem (according to Henry W. Wright).

Fear often goes back to the fact that we do not trust God and His word. In the bible we are often told, *"Do not fear!"* (cf. Mt 1:20; Lk 1:13, 1:30, 5:10, 12:32; Jn 12:15; Acts 18:9; Rev 1:17 et al.). We give space to the spirit of lie, when we permit thoughts which worry us and instill fear. Such thoughts could be as follows:

"I am afraid because/of...! It will go wrong! I will fail! I will not make it! I will be ridiculed! I must be perfect!" etc.





The Way from Fear to Deep Trust – Thoughts by Jesus to St. Sr. Faustina Kowalska

Jesus is wounded most by the sin of distrust:

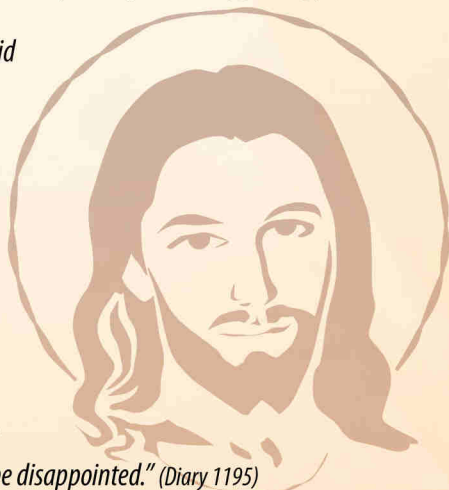
- Jesus: *"The lack of trust souls have in Me is tearing My innards apart... In spite of My boundless love they do not trust Me!"* (Diary of St. Faustina 50)
- Jesus: *"Sins of distrust wound Me most painfully."* (Diary 1076)
- Jesus: *"So, My child, trustful; you should not be discouraged, instead **come up to Me for forgiveness**, since I am always ready to forgive you. Every time you ask for forgiveness, you are praising My mercy."* (Diary 1488)

Way to Success: Build on Jesus!

- Jesus: *"My child, you see what you are of yourself, and **the reason why you keep failing** is that you are counting too much on yourself and not relying enough on Me. But don't be so sad over this, you are dealing with the God of mercy, Who will not be worn out by your miserable condition."* (Diary 1488)
- Jesus: *"My child, make a resolution never to rely on people... but know that you must draw your strength to endure suffering from frequent Holy Communion, so come often to that fount of mercy, and with the vessel of trustfulness draw from it whatever you need."* (Diary 1487)

Fear Nothing!

- Jesus: *"Fear not, I am with you."* (Diary 129)
- Jesus: *"Fear nothing, I am always with you, even though you might think I am not there."* (Diary 1109)
- Jesus: *"Do not be afraid of anything, you are in My heart!"* (Diary 1133)
- Jesus: *"Do not be afraid My child, you are not alone, fight bravely, for My arm is supporting you."* (Diary 1452)
- Jesus: *"Look into the eyes of My mercy and do not be afraid of the enemies of your salvation."* (Diary 1486) Fear of the gossip of people displeases Jesus (cf. Diary 1460).
- Sr. Faustina: *"Even though the road is hedged with thorns, I am not afraid to go on, even though I were to be pelted with a hailstorm of persecution, even though my friends were to forsake me, even though all things were to conspire against me, and my horizon were to grow dark, even though the tempest should start to rage and I were to feel that I was all on my own, having to face everything alone – I would still calmly put all my trust in Your mercy, o God, and my hope shall not be disappointed."* (Diary 1195)



The Vessel of Trustfulness

- Jesus: "The graces from My mercy are drawn by one vessel, and that vessel is trustfulness. *The more trustful a soul is, the more it will receive.* Souls that have boundless trust are a great comfort to Me, for into such souls I pour all the treasures of My graces. I am pleased when they ask for much, for I want to bestow much, and even very much. But I am saddened when souls ask for little, when they tighten and close up their hearts." (Diary 1578)
- Jesus: "Take the vessel of trustfulness and draw from the fount of life, not only for yourself, *but think of other souls*, especially those who don't have enough trust in my mercy." (Diary 1488)

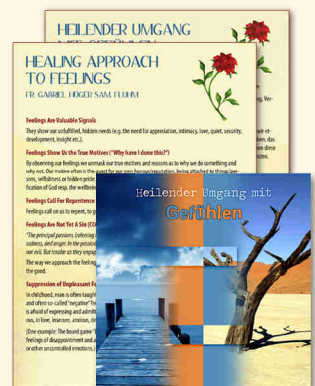
Give Your Misery, Your Fears, Doubts and Insecurities to Jesus

- Jesus: "My daughter, you have not offered Me the thing that is truly yours. My daughter, *offer up your misery to Me*, for that alone is your exclusive property." (Diary 1318)
- Jesus: "Do Me the pleasure of entrusting all your misery, all your wretchedness to Me, and I shall fill you with the treasure of My graces." (Diary 1485)
- Jesus: "Don't dwell on your worthlessness... better look into My heart which is full of love, understand and relate to My feelings, and strive for meekness and humility... and when you feel your strength failing, you come up to the fount of mercy and replenish your soul, then you will not founder on the way." (Diary 1486)

Way Out of Cherished Fear

God has created us with a **rich world of emotions**, which makes us living beings. Among them are also the feelings of fear, to discover a threatening danger in time, to mobilise all physical forces and to ward off the danger.

The feelings of fear comprise a.o.: insecurity, unrest, anxiety, embarrassment, lostness, indecision, stage fright, panic, being irritated, being disturbed, feeling threatened, distrust etc. (see Folder in English or German and CD in German "Healing Approach to Feelings").



Fr. Jozef Augustyn SJ says it is not possible to destroy an atom. In the same way it is not possible either to destroy an emotion (repress, suppress). Every suppression and repression of the feeling of fear has a counter-productive effect. Something demonic may even creep into suppressed, repressed feelings, so that there may be panic anxiety attacks.

Suppressed feelings of fear may render sick or lead to compulsions and tics.

No Flight from Anxiety

Both, fear and faith are directed towards the future. Fear comprises first, power of **imagination** and second, **repression**, i.e. **avoidance**. God has taught us through His word not to run away from the enemy. **One should not hide from fear or withdraw.** *"Do not run away from an enemy in your life! Do not hide from your enemy! It is time for you to come forward once and forever and take your place in the land of the living."* (according to Wright)

Important: In difficult situations it may be necessary/helpful to resort to help from a doctor (straight out) (in the case of fears that lead to strong depressions but also when there is a danger of suicide!).

Seven Steps to Overcome Fear

1. When you have feelings of fear, reflect on what is troubling you, and name the kind of fear concretely.

Courageously confront the fear with the following questions: *"What am I afraid of? What stresses me? Where is the conflict? What is unsolved?"* Fears may arise vis à vis: the boss, the spouse, the mother, the father, the parents-in-law, the neighbours, groups, relationships, the future, flying, altitudes, pain, sickness, being left, failure, condemnation, rejection, mockery etc.

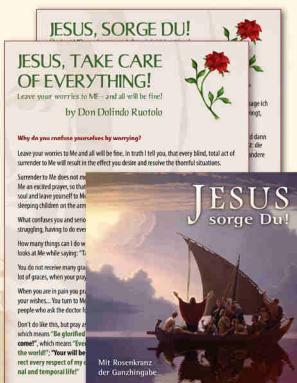
2. Make yourself aware: Jesus is here! He is omnipresent, even if you don't feel Him.

He loves unconditionally: *"I am with you!"* (cf. Mt 28:20) — Look away from you to Jesus, to Mary!

3. Surrender the concrete situation of fear to Jesus. Place your whole trust in His help.

"Jesus, I surrender my fear of.../because of... to You, take care of everything! I trust in You!" Jesus and Mary will see to it: Even if you don't understand yet how this shall happen, Jesus promises to help. Invoke His name and trust in His salvation (cf. Acts 2:21).*

4. Renounce the spirit of fear: *"In the name of Jesus I renounce the spirit of fear of..."* (briefly, powerfully and repeatedly with will and mind; there doesn't have to be or enter any feeling) **and ask God for forgiveness for the fear which you admitted.**



(*see Folder in English or German and CD in German: „Jesus, Take Care of Everything!“)



A lady who had survived the concentration camp and then suffered panic anxiety attacks was allowed to see Jesus, who asked her to ask Him for pardon for her fear. When she had done so, the fear immediately went away from her. Possible request for forgiveness: *"Jesus, I am sorry. Please forgive me, ...!"*

5. Invoke the Holy Spirit intensely and frequently, who is the giver of life in fullness

(cf. Jn 10:10) – Ask for His gifts: the spirit of courage, the spirit of fortitude, the spirit of joy etc.

6. Surrender to the will of God.

Like the right thief, who accepted his fate as penance and looked at Jesus, try to inhale God's promise: *"Truly, I say to you, today you will be with me in Paradise."* (Lk 23:43)

7. Internalise a word of God against the fear. (Examples of sentences: see last page.)

From my own experience I know that one may be delivered from nocturnal panic attacks, fear of heights, fear of darkness etc. when one internalises a quotation from the Holy Scripture against fear..

Way Out of Traumatic States of Anxiety

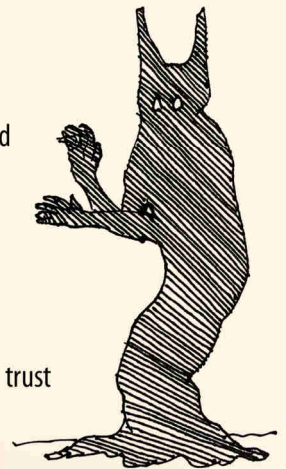
Christian psychologists recommend to once again look at situations, which have been experienced, which have triggered fears in life, together with Jesus. As soon as one can feel the fear coming up, one asks Jesus to enter into this situation. I myself experienced that in this way my birth trauma fell off me, which had blocked me for years, after I had asked Jesus to come into the hospital room, in which I was as a baby, and to take me on His arms.

Way Out of Fear of Death

In fear of death Jesus fervently prayed to the Father – and He was heard and was delivered from His fears. *"In the days of his flesh, Jesus offered up prayers and supplications, with loud cries and tears, to him who was able to save him from death, and he was heard for his godly fear."* (Heb 5:2)

Way Out of Fear Caused by Esotericism and Occultism

Fear again and again also opens the door to occultism. When man does not trust in God standing on his side, he frequently looks for methods by which he tries to remedy his problems himself. In occultism man does not trust in God but looks for help outside of God in different forms of esotericism, with spiritual healers (also disguised as so-called alternative practitioners or life counsellors), with dark powers and energies. Thereby, however, he opens an [entry gate](#) in his life to the adversary of life, to the spirit of death and to different mental illnesses. It is urgently recommended to observe the treatment methods of so-called alternative practitioners and to strictly reject any esoteric and occult treatment.




"Nora Oelkers gathered experience with Tarot cards, Reiki, Chi-Gong, Bach Flower Therapy and pendulum dowsing for 28 years. In the course of time, however, she got depressions, fears and panic attacks. She was so exhausted that she could not work for a year. Only in the faith in Jesus Christ did she find the living power and joy for which she had looked in vain in esotericism. Through the Christian faith she could get rid of her urge for perfection and learned how to be serene." (kath.net, 26.02.2011)

Way of Deliverance from the Net of the Spiritual Healers

- One calls the **esoteric and occult treatment methods**, which one has practised, exactly by name and asks Jesus for forgiveness for this in the confession.
- One **revokes the permission of entry**, which one has given to the spiritual healer, esotericist... conscientiously, unconscientiously, in writing or through hypnosis.
 - *"In the name of Jesus Christ I revoke any entry permission, which I have given to N.N. through the treatment and take back the power which I have given him over my life."*
- One **renounces the concrete treatment methods**, the remedies, the music...
 - *Reiki, shamanic healings, past life regressions, esoteric massages, pendulum dowsing, chakra openings, energy chips, hypnosis, tatooing, Bach Flowers, satanic rock music...*
- One **renounces the esoteric "signs"** which have been spiritually impressed on oneself and which have strong, negative effects.
 - *Chakras, shamanistic power animal signs and Theta-Healing-Signs as well as Chinese, Egyptian, numerological and astrological signs etc.*
- One **removes all esoteric and occult objects**.
 - *Shaman pendants, angel pendants, incantated chips and objects, esoteric sprays, figures and statues, dreamcatcher etc.*
- One **has strong burdens cut off by knowledgeable priests**.
- One **seals oneself with the Precious Blood** and asks Jesus that He may re-establish the order of creation in oneself, fill it with His Holy Spirit and give back health again.

Great Help on the Way of Deliverance

- Be vigilant towards the negative **door openers** (ties, fears, temptations to sins etc.).
 - Receive the power of Jesus through reception of the Holy Communion.
 - Internalise the word of God. It is a sword against all fiery attacks of the evil and a spiritual medicine against many diseases.
 - Forgive those persons who have inflicted all this suffering on you.
 - Cast away all that is dark in your life through praise.
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God's Remedy Against Fears

- ***"Do not fear, only believe!"*** (Mk 5:36) — ***"...have no fear. I am with you always."*** (cf. Mt 17:7; 28:20)
- ***"Even though I walk through the valley of the shadow of death I fear no evil for thou art with me; thy rod and thy staff, they comfort me."*** (Ps 23:4)
- ***"The LORD is my light and my salvation; whom shall I fear? The LORD is the stronghold of my life; of whom shall I be afraid? ...my adversaries and foes, they shall stumble and fall."*** (Ps 27:1-2)
- ***"Commit your way to the LORD; trust in him, and he will act."*** (Ps 37:5)
- ***"You will not fear the terror of the night, nor the arrow that flies by day,... Because you have made the LORD your refuge, the Most High your habitation..."*** (Ps 91:5;9)
- ***"Be strong and of good courage; be not frightened, neither be dismayed; for the LORD your God is with you wherever you go."*** (cf. Jos 1:9)
- ***"Be strong and of good courage, do not fear or be in dread of them: for it is the LORD your God who goes with you; he will not fail you or forsake you."*** (cf. Deut 31:6)
- ***"Thou dost keep him in perfect peace, whose mind is stayed on thee, because he trusts in thee."*** (cf. Is 26:3)
- ***"...fear not, for I am with you, be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my victorious right hand."*** (Is 41:10)
- ***"The fear of man lays a snare, but he who trusts in the LORD is safe."*** (Prov 29:25)
- ***"...for God did not give us a spirit of timidity but a spirit of power and love and self-control."*** (2 Tim 1:7)
- ***"The Lord is my helper, I will not be afraid; what can man do to me?"*** (Heb 13:6)



You may also order the accompanying **Lecture** "God's Remedy Against Fears" (**Audio-CD** in German) by **Fr. Gabriel Hüger** at the address indicated below.

You may also listen to the lecture or download it on www.segenskreis.at.

COMPOSITION: Fr. Gabriel Hüger Sam. FLUHM

TEXT: Diary of St. Faustina Kowalska, Dr. Henry W. Wright, Fr. Gabriel Hüger Sam. FLUHM

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