



From Fear to Freedom – You Can't Break the Cycle Until You Drive Out Fear.

Fear First

"Fear is the soil in which our false selves grow. Until fear is named and removed, transformation can't take root." Psychiatrist Curt Thompson

Judges 1:4-7(NIV): "When Judah attacked, the Lord gave the Canaanites and Perizzites into their hands, and they struck down ten thousand men at Bezek. It was there that they found Adoni-Bezek and fought against him, putting to rout the Canaanites and Perizzites. Adoni-Bezek fled, but they chased him and caught him, and cut off his thumbs and big toes. Then Adoni-Bezek said, 'Seventy kings with their thumbs and big toes cut off have picked up scraps under my table. Now God has paid me back for what I did to them.' They brought him to Jerusalem, and he died there."

Freedom begins where fear ends

"When people feel safe, the prefrontal cortex activates. That's when change becomes possible."
— Daniel Siegel

The Bible's most frequent instruction: fear not.

"The body won't let go of its defenses until it feels safe. And without safety, cycles repeat." Bessel van der Kolk

100% of behavior change research agrees: fear-based motivation may start change, but never sustains it.

Judges 1:27-33(NLT): "The tribe of Manasseh failed to drive out the people living in Beth-shan...The tribe of Ephraim failed to drive out the Canaanites...The tribe of Zebulun failed to drive out the residents of Kitron...The tribe of Asher failed to drive out the residents of Acco, Sidon...The tribe of Naphtali failed to drive out the residents of Beth-shemesh..."

If we don't hear the Bible in their voice, we'll only hear it in ours.

Deuteronomy 7:1-4(NIV): When the Lord your God brings you into the land you are entering to possess and drives out before you many nations—the Hittites, Girgashites, Amorites, Canaanites, Perizzites, Hivites and Jebusites, seven nations larger and stronger than you— and when the Lord your God has delivered them over to you and you have defeated them, then you must destroy them totally. Make no treaty with them, and show them no mercy. Do not intermarry with them. Do not give your daughters to their sons or take their daughters for your sons, for they will turn your children away from following me to serve other gods, and the Lord's anger will burn against you and will quickly destroy you."

GENESIS 34 (Jacob at Shechem) → DEUTERONOMY 7 (Moses' Warning) → JUDGES (Israel's Failure)

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| 1. Intermarry daughters..." | → | Don't intermarry (7:3) | → | Judg 3:6 – "They took |
| 2. Make covenants covenants..." | → | Don't make covenants (7:2) | → | Judg 2:2 – "You made |
| 3. Show favor / pity drive out..." | → | Don't show favor (7:16) | → | Judg 1:28 – "They did not |
| 4. Accept gifts / wealth their gods..." | → | Don't accept gold (7:25–26) | → | Judg 3:5–7 – "They served |

This isn't about ethnic cleansing. It's about healing a culture infected by fear and injustice.

Cycle breaking begins with fear breaking.

1 John 4:18: "Perfect love drives out fear."

Three Daily Practices to Drive Out Fear

1. Name it to Tame it

Fear shrinks when spoken. Say it. Journal it. Pray it.

Labeling your fear lowers your fear by up to 50%. (UCLA Brain Study)

2. Turn Off the Fear Faucet

Fear has an IV drip — it's called your newsfeed.

Take 24 hours off the newsfeed fast

"Fear is the crack cocaine of the media. Once you get hooked, you can't stop, but it leaves you weaker and emptier." Prof. Arthur Brooks

3. Contempt chains your brain to fear.

Toxic thoughts toward others trap your brain in fear.. Replace them!

Matthew 5:22(NLT): "...if you curse someone, you are in danger of the fires of hell."

Philippians 4:8,9(NIV): Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things... And the God of peace will be with you."

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All scriptures referenced are from the New International Version (NIV) translation of the Bible unless otherwise indicated.