

[« Back](#)

 [Print](#)



JOURNEY2WHOLENESS MINISTRIES GREETING!

NEWSLETTER LINKS

- [This week's teaching - fear](#)
- [You Are The Apple of His Eye](#)
- [Quick Links](#)
- [Sign Up For E-Newsletter](#)
- [Online Donations](#)
- [Other Announcements](#)

QUICK LINKS

- [Journey2Wholeness Ministries](#)
- [See what we teach - see schedule!](#)
- [Pleasant Valley Church](#)
- [Be In Health](#)
- [Kingdom Harvest Church](#)
- [Previous Newsletters](#)

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THIS WEEK'S TEACHING - ADDICTION and ANNOUNCEMENTS

This week's teaching is on Fear and Fear, Stress and Physiology. PLEASE NOTE: 3:00 p.m. instead of 4:00 p.m. There will be a presentation in what fear does to our bodies.

Date: Sunday, October 8, 2006

Location: Comfort Inn, Bedford, Texas

Time: 3:00 p.m. to 6:00 p.m.

Subject: Fear and Fear, Stress and Physiology

Other Announcements:

- **October 15, 2006**, is a day of ministry. If you are coming to "A Day of Ministry," we need your ministry forms filled out and sent back to us **by October 11, 2006**, before "A Day of Ministry." You can get this form on the home page, they are in several formats: word, pdf or html. Please fill out and either fax back to us (instructions on form) or fill out html online form and hit send. **This is only for those who are attending the class!**
- Mark your calendars:
 - **November 12** - We will have a special ministry meeting to minister specific diseases called "Disease Profile." Please come to the registration desk and list your diseases - the list will be out each week. See example of a disease profile [Diverticulitis](#).
 - **December 2, (SATURDAY)** 10am til.... A VERY Special TIME-- Social, Great Food, Fellowship, (Bring your testimonies), and sharing with one another. This will be a very unique opportunity to help YOU and your family at Christmas gift

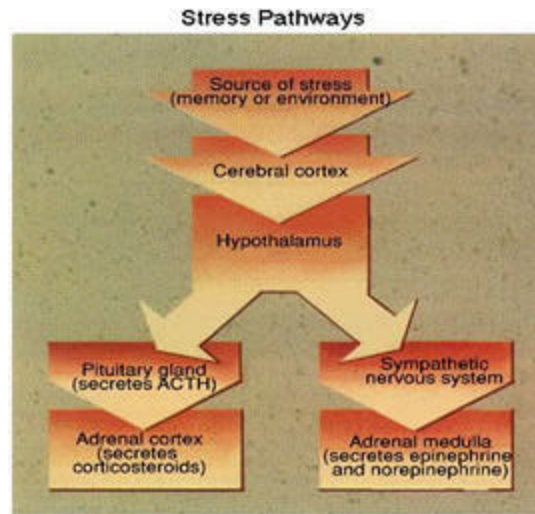
Just a note about the Teaching CD's: If you have a faulty CD that you have picked up from J2W, please let us know. We will gladly exchange it.

Freedom In Truth Ministries - 3 day seminars
University Park Church, 1700 Rogers Road, Fort Worth, Texas 76107, 3-day conference:

October 26, 27 & 28th at University Park Church in Fort Worth.
Thursday evening (no meal) 6 p.m. - 9 p.m.
Friday & Saturday (lunch & dinner included) 9 a.m. - 9 p.m.
Call 817-441-7444 or email k.ecklund@sbcglobal.net

giving Time, as well as blessing others, at the holiday time. It will be a come and go event that you will not want to miss! Please Mark your calendar NOW to join J2W team and ministry families. More Details to come!!

Growth Work! Fear and Fear, Stress and Physiology



**"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."

Anxiety is unhealthy. Unresolved fear may convert to anxiety as we begin to grow accustomed to a threat. In April 2, 2001, in Times Magazine claimed 4000 types of fears. The Bible has a lot to say about the connection between emotions and health. God's word says 62 times in KJV - Fear not! CONSCIOUS AND UNCONSCIOUS THOUGHTS CAUSE STRESS.

- Not all diseases have a spiritual root
- 80% of diseases do have a spiritual root
- 60% or more are related to fear
- Psychologist calls it anxiety. Anxiety and stress Bible says it is FEAR.
- FEAR is satan's faith for you. Fear and faith are equal in is dimension. BOTH project into the future and both demand to be fulfilled.
- When in long-term fear or stress, your body over produces cortisol that has direct physiological effects:
 - Carbohydrate
 - Lipid metabolism and protein metabolism
 - Inflammatory effects
 - Immune reserve

- Digestion function
- Urinary function
- Connective tissue function
- Muscle function
- Bone function
- Vascular system
- Myocardial function
- Central nervous system function
- All these areas can be effected and start creating disease in your life. That means in long-term stress - the body's defense in the immune system starts not to work and you begin to become dis-eased.

Our thoughts play a big part and statistics on emotional stress and health are pretty incredible. The Ochsner Clinic in New Orleans found that in 500 consecutive cases of gastro-intestinal illness, 74% were caused by emotional stress.

The Yale University Out Patient Medical Dept. found 76% of its cases were related to emotionally induced illness. "Three out of every four hospital beds are occupied by people with emotionally induced illness." "Emotional stress is today our Number One cause of ill-health.

The Bible says, **"A merry heart does good, like medicine, But a broken spirit dries the bones."** **Prov. 17:22.** If you are suffering from anxiety or excessive stress, your spirit is probably broken.

Our immune system is formed in our bone marrow, which is located in the center of our bones. When our bones are dry, our immune system is severally jeopardized. It can't do what it was designed to do. A malfunctioning immune system will result in disease.

"Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers." III John 2.

"Prov. 3:7-8 "7 Be not wise in thine own eyes: fear the LORD, and depart from evil. 8 It shall be health to thy navel, and marrow to thy bones."

Love also has good results. People who are "in love" have more responsive immune systems. Children grow faster in a loving environment; emotionally deprived children develop poorly - fear has entered in them. Men who have

loving wives have a lower risk of chest pains.

When you don't feel loved, when you have been victimized, when you don't feel secure, you fight for survival. When you've been rejected by a parent or anyone else, you are in fight or flight. Your body is never at peace.

I want to look at seven common categories of emotional stress, seven of the most common emotional stresses we all experience...which in turn may lead to health problems:

1. Judgment and Guilt - Judgment is basically making negative evaluations of others (or of yourself). It's an "I'm right, you're wrong" type of emotion. Judgment results in, or is often associated with, guilt - an emotion of self-condemnation, what has been called the cancer of the conscience.
2. Suppressed Anger - This is where you're mad or embittered against someone, but you don't express it. The anger is buried but eating away at you inside. Christians commonly suppress anger, since we feel it's unspiritual to show anger.
3. Rejection - You don't feel approved of or accepted by others. People communicate to you that you're not OK. people like your parents, spouse, children or so-called "friends."
4. Low Self-Esteem - Perhaps one of the most destructive of all emotional stress categories, this is a feeling of personal unworthiness - a negative, unloving attitude toward yourself. You have that programmed tape playing all the time telling you "you are no good."
5. Overwhelmed - Many people are "buried with burden," surrounded by circumstances that are more than they can handle, making them feel unable to perform to expectations.
6. Frustration - This is the stress contrary experiences - the feeling that things just aren't going to according to plan.
7. Deep-Rooted Fear - Finances, marriage, children, or job problems can produce this "what will happen if" emotional stress.

Some of you are not even aware you are in fear. You lived with it for so long that it feels normal - a familiar spirit! Your body is telling you otherwise such as leaky gut syndrome, reflux, digestive problems, heart issues, allergies, chronic illnesses, etc.

[Indications of fear in your life!](#)

Learn MORE on the mind/body connection in how your hypothalamus is a gland that is the seat to your emotions. How it stimulates smooth muscle, regulates the rate of contraction of cardiac muscle and controls secretions of many glands (chemicals). Learn how our emotions (YOUR THOUGHTS) and how it responds to your limbic system, endocrine system, etc. especially when we are in stress which the bible calls FEAR!

Come and learn the cure for fear and how to walk out of fear and your dis-ease!

By Traci Morin

[top](#)

Are You The Apple Of His Eye!

Deuteronomy 32:10 "He found him in a desert land, and in the waste howling wilderness; he led him about, he instructed him, he kept him as the apple of his eye."

The "apple of the eye" is the Hebrew word "ee-shone", meaning pupil of the eye, middle of the night (that is the deepest blackness). We can say that you are the apple of God's eye, means you are the focus of his attention and His very focus is right on YOU. The God the Father loves you individually, personally and then collectively given to Christ as a gift. He came to show you to the Father.

Maybe you are in a hard place in life feeling alone and feeling unloved. Maybe the enemy is telling you that you are unworthy and unloved by God and others. Maybe your parents made you feel inferior. The good news is your Heavenly Father will come to you in your desert and meet you in your place of brokenness because you are the apple of His eye. That is how much He cares for His children. He will come and find you.

By: Traci Morin

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