

What to Do When Panic Attacks

Our Mission: To take as many people to Heaven as we can before we die. Period.

Fear and trembling have come upon me; horror and fright have overwhelmed me. And I say, Oh, that I had wings like a dove! I would fly away and be at rest. **Psalm 55:5-6 AMP**

1. Fear often comes from uncertainty and difficult times. (it's real)

The Israelites did evil in the LORD's sight. So the LORD handed them over to the Midianites for seven years. The Midianites were so cruel that the Israelites made hiding places for themselves in the mountains, caves, and strongholds. Whenever the Israelites planted their crops, marauders from Midian, Amalek, and the people of the east would attack Israel, camping in the land and destroying crops as far away as Gaza. They left the Israelites with nothing to eat, taking all the sheep, goats, cattle, and donkeys. These enemy hordes, coming with their livestock and tents, were as thick as locusts; they arrived on droves of camels too numerous to count. And they stayed until the land was stripped bare. So Israel was reduced to starvation by the Midianites. Then the Israelites cried out to the LORD for help. **Judges 6:1-6 NLT**

2. Don't forget, God has rescued you before.

When they cried out to the LORD because of Midian, the LORD sent a prophet to the Israelites. He said, "This is what the LORD, the God of Israel, says: I brought you up out of slavery in Egypt. I rescued you from the Egyptians and from all who oppressed you. I drove out your enemies and gave you their land. 10 I told you, 'I am the LORD your God. You must not worship the gods of the Amorites, in whose land you now live.' But you have not listened to me." **Judges 6:7-10 NLT**

3. Get ready for a come to Jesus meeting.

Then the angel of the LORD came and sat beneath the great tree at Ophrah...[Gideon] was threshing wheat at the bottom of a winepress to hide the grain from the Midianites. The angel of the LORD appeared to him and said, "Mighty hero, the LORD is with you!" "Sir," Gideon replied, "if the LORD is with us, why has all this happened to us? And where are all the miracles our ancestors told us about? Didn't they say, 'The LORD brought us up out of Egypt'? But now the LORD has abandoned us and handed us over to the Midianites." **Judges 6:11-13 NLT**

4. You are not powerless! God is with you.

Then the LORD turned to him and said, "Go with the strength you have, and rescue Israel from the Midianites. I am sending you!" "But Lord," Gideon replied, "how can I rescue Israel? My clan

is the weakest... and I am the least in my entire family!" The LORD said to him, "I will be with you. And you will destroy the Midianites as if you were fighting against one man." **Judges 6:14-16 NLT**

5. Offer yourself fully to God and He will give you His peace.

Gideon replied, "If you are truly going to help me, show me a sign to prove that it is really the LORD speaking to me. Don't go away until I come back and bring my offering to you." He answered, "I will stay here until you return." Gideon hurried home. He cooked a young goat...and presented them to the angel...The angel of God said to him, "Place the meat and the unleavened bread on this rock, and pour the broth over it." And Gideon did as he was told. Then the angel of the LORD touched the meat and bread with the tip of the staff...fire flamed up from the rock and consumed all he had brought. And the angel of the LORD disappeared. When Gideon realized that it was the angel of the LORD, he cried out, "Oh, Sovereign LORD, I'm doomed! I have seen the angel of the LORD face to face!" "It is all right," the LORD replied. "Do not be afraid. You will not die." And Gideon built an altar to the LORD there and named it Yahweh-Shalom (which means "the LORD is peace"). **Judges 6:17-24 NLT**

Message Notes: The Holy Bible, New Living Translation. The Amplified Bible. I Dare You to Change, by Bil Cornelius.