**Panic & Anxiety Attacks**

**Mark 9:17 And one of the multitude answered and said, Master, I have brought unto thee my son, which hath a dumb spirit;**

**:18 And wheresoever he taketh him, he teareth him: and he foameth, and gnasheth with his teeth, and pineth away: and I spake to thy disciples that they should cast him out; and they could not.**

**:23 Jesus said unto him, If thou canst believe, all things are possible to him that believeth.**

**:24 And straightway the father of the child cried out, and said with tears, Lord, I believe; help thou mine unbelief. (He was humble, and believed the Lord could heal his terrible torment from that spirit. He had no control of his mind and body because of the foul demon/spirit)**

**:25 When Jesus saw that the people came running together, he rebuked the foul spirit, saying unto him, Thou dumb and deaf spirit, I charge thee, come out of him, and enter no more into him.**

**:26 And the spirit cried, and rent him sore, and came out of him: and he was as one dead; insomuch that many said, He is dead.**

**:27 But Jesus took him by the hand, and lifted him up; and he arose.**

**:28 And when he was come into the house, his disciples asked him privately, Why could not we cast him out?**

**:29 And he said unto them, This kind can come forth by nothing, but by prayer and fasting.**

(To overcome these strong spirits and negative forces attacking our mind will take praying to LORD and fasting.  Praying for a higher level of faith, enduring these hard trials along with fasting.  Fasting is not eating or drinking anything for a day, or 24 hours. (**Leviticus 23:27,32** for example) )

**IITimothy 1:7** **For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.**

(When we feel fear or have thoughts of anxiety, we know its not a thought or spirit from the LORD but Satan, because God gives us the spirit of power, boldness, strength, confidence and thoughts related to confidence and being secure)

**Proverbs 14:26 In the fear of the LORD is strong confidence: and his children shall have a place of refuge.**

(By obeying the Heavenly Father through Christ according to the commandments, we will be confident because the LORD will bless and protect us as his children, even His angels will guard us, **Psalms 34:7, Matthew 4:11**, etc.)

**Psalms 34:7 The angel of the LORD encampeth round about them that fear him, and delivereth them.**

**Proverbs 29:25 The fear of man bringeth a snare: but whoso putteth his trust in the LORD shall be safe.**

(When we accept the spirit of fear, it will trap, overcome and lead us into more danger and harm; but by praying to the LORD and trusting Him we are safe and have refuge.)

**Ecclesiasticus 1:18 The fear of the Lord is a crown of wisdom, making peace and perfect health to flourish; both which are the gifts of God: and it enlargeth their rejoicing that love him.**

(Fearing and following the LORD will make your mind and thoughts peaceful and will not let your mind be overcome by internal or external demons, fears, anxieties or anything that could steal your peace)

**Psalms 91:1** **He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty.**

(Being near to the LORD is the ultimate protection. He controls ALL spirits.)

**:5 Thou shalt not be afraid for the terror by night; nor for the arrow that flieth by day;**

(Nothing at night nor in the day will make you fear or panic when you are truly close to the LORD, he will protect you.)

**James 2:19** **Thou believest that there is one God; thou doest well: the devils also believe, and tremble.**

(Spirits, demons that make our own bodies tremble uncontrollably and make us no longer perceive reality, tremble before the LORD, and CANNOT persist in attacking us when we cry unto the LORD for help as His true servants.)

**Matthew 10:1** **And when he had called unto him his twelve disciples, he gave them power against unclean spirits, to cast them out, and to heal all manner of sickness and all manner of disease.**

(The Lord blessed and continues to bless his true disciples, therefore when we serve the Heavenly Father and our Lord Jesus Christ, they will bless us with their spirit and keep us safe from ALL evil spirits.)

**Mark 1:34** **And he healed many that were sick of divers diseases, and cast out many devils; and suffered not the devils to speak, because they knew him.**

(The diseases and even “mental issues” were easy for Christ to heal because they were evil spirits subjecting their victims to disease)

**Acts 19:11 And God wrought special miracles by the hands of Paul:**

**:12 So that from his body were brought unto the sick handkerchiefs or aprons, and the diseases departed from them, and the evil spirits went out of them.**

(Even sicknesses and diseases are brought about by evil spirits and demons, as well as mental illness, uncontrollable struggles of the mind and thoughts. By serving the LORD truly, his servants receive special blessings)

**IIEsdras 14:14** **Let go from thee mortal thoughts, cast away the burdens of man, put off now the weak nature,**

**:15 And set aside the thoughts that are most heavy unto thee, and haste thee to flee from these times.** (Spirits are the root cause of sinful thoughts, anxiety, depression or being bi-polar and make us weak without the Heavenly Father and Christ who strengthen us)

**Matthew 11:28 Come unto me, all ye that labour and are heavy laden, and I will give you rest.**

**:29 Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls.**

**:30 For my yoke is easy, and my burden is light.**

(Fighting against these spirits and thoughts, dealing with life’s obstacles is a losing battle without Lord. If we humble ourselves and ask for his help and mercy and follow him, he is faithful, we will not be abandoned by him)

**Mark 16:9** **Now when Jesus was risen early the first day of the week, he appeared first to Mary Magdalene, out of whom he had cast seven devils.**

(Mary Magdalene was tortured by seven spirits, and she was saved from that suffering by Christ. Don’t be deceived by Clinical terms: **Bi-Polar Disorder**, **Schizophrenia, Self Mutilation, Insanity, Anxiety Disorder, Obsessive Compulsive Disorder,** **Depression,** **Trichotillomania** (Hair pulling), **Sexual Addiction** and others, which are actually evil spirits controlling our minds and subjecting us to these torments. It is a never-ending battle relying on medications or psychologists to make us better, because only the Lord can liberate us from the confining bonds of these spirits)

**We fear the Heavenly Father by keeping His commandments, NOT disobeying His word of truth, and having faith in Jesus Christ; other fears, thoughts/spirits that may cause us to panic or be overwhelmed by anxieties and worry, will NOT be able to remain in our minds, nor affect us.**

All glory, praises, honor and appreciation to our Glorious and Mighty Heavenly Father, through our Salvation, King and True Physician Christ.

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