

30A9 IN THE PANIC

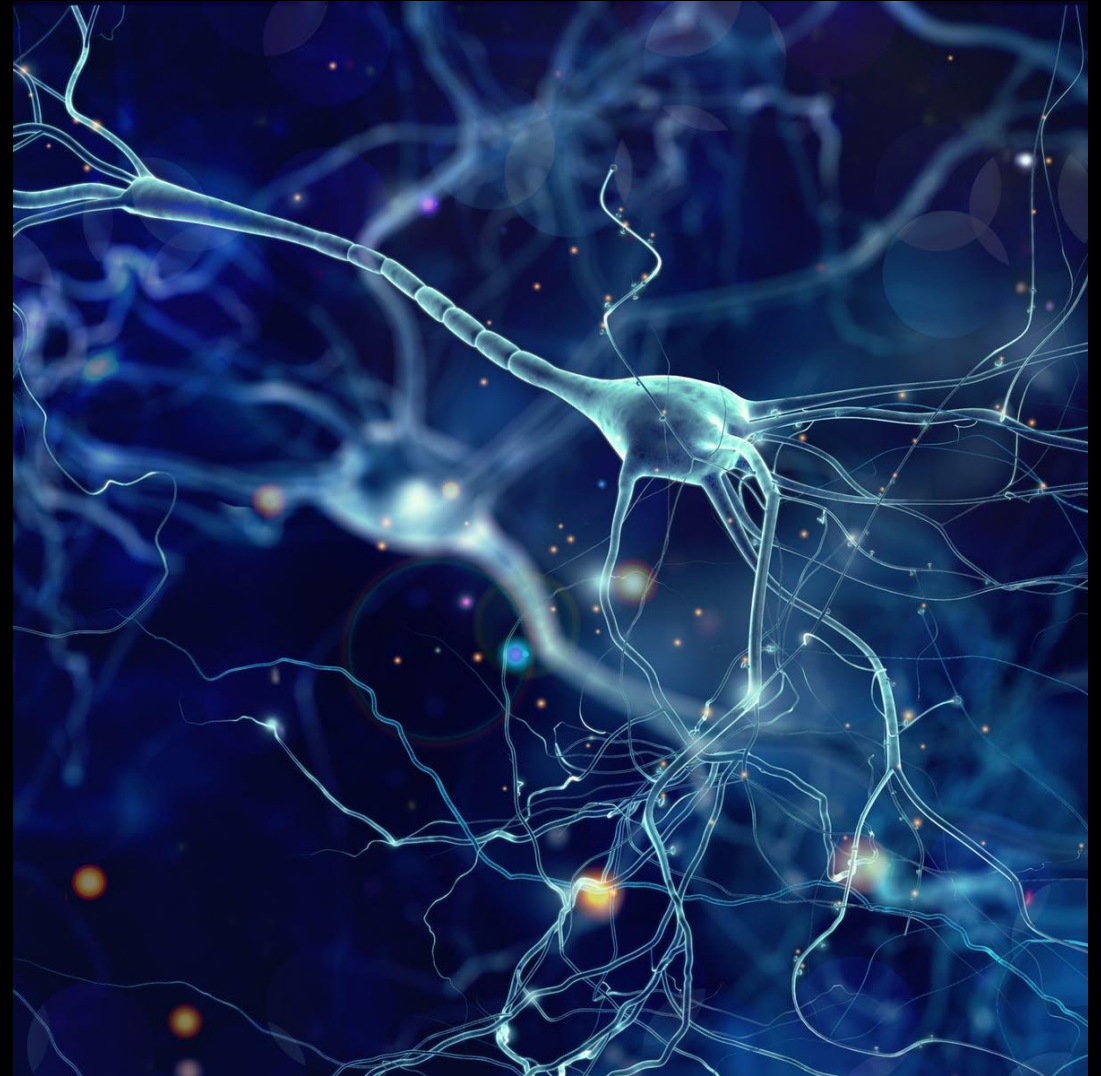
Neurotransmitters

Serotonin – Mood, Sleep, Appetite, and other Functions

Dopamine – Energy Levels, Attention, Internal Reward System, and Movement

Norepinephrine – “Fight or Flight” Response

Gamma-Aminobutyric Acid (GABA) – Balances excitement and agitation and feelings of calm and relaxation



PEACE IN THE PANIC

2 Chronicles 20:1-4

After this the Moabites and Ammonites, and with them some of the Meunites, came against Jehoshaphat for battle. ² Some men came and told Jehoshaphat, “A great multitude is coming against you from Edom, from beyond the sea; and, behold, they are in Hazazon-tamar” (that is, Engedi). ³ Then Jehoshaphat was afraid and set his face to seek the LORD, and proclaimed a fast throughout all Judah. ⁴ And Judah assembled to seek help from the LORD; from all the cities of Judah they came to seek the LORD.



2 Chronicles 20:15-18

¹⁵ And he said, “Listen, all Judah and inhabitants of Jerusalem and King Jehoshaphat: Thus says the LORD to you, ‘Do not be afraid and do not be dismayed at this great horde, for the battle is not yours but God's. ¹⁶ Tomorrow go down against them. Behold, they will come up by the ascent of Ziz. You will find them at the end of the valley, east of the wilderness of Jeruel. ¹⁷ You will not need to fight in this battle. Stand firm, hold your position, and see the salvation of the LORD on your behalf, O Judah and Jerusalem.’ Do not be afraid and do not be dismayed. Tomorrow go out against them, and



2 Chronicles 20:15-18

the LORD will be with you.”

¹⁸ Then Jehoshaphat bowed his head with his face to the ground, and all Judah and the inhabitants of Jerusalem fell down before the LORD, worshiping the LORD.



Coping Techniques

1. Pray Immediately



Luke 24:36-43

³⁶ As they were talking about these things, Jesus himself stood among them, and said to them, “Peace to you!” ³⁷ But they were startled and frightened and thought they saw a spirit. ³⁸ And he said to them, “Why are you troubled, and why do doubts arise in your hearts? ³⁹ See my hands and my feet, that it is I myself. Touch me, and see. For a spirit does not have flesh and bones as you see that I have.” ⁴⁰ And when he had said this, he showed them his hands and his feet. ⁴¹ And while they still disbelieved for joy and were marveling, he said to



Luke 24:36-43

them, “Have you anything here to eat?” ⁴² They gave him a piece of broiled fish, ⁴³ and he took it and ate before them.



Coping Techniques

- 1. Pray Immediately**
- 2. Feel What's Real**



Gideon's Situation



PEACE IN THE PANIC

Judges 6:36-40

³⁶ Then Gideon said to God, “If you will save Israel by my hand, as you have said, ³⁷ behold, I am laying a fleece of wool on the threshing floor. If there is dew on the fleece alone, and it is dry on all the ground, then I shall know that you will save Israel by my hand, as you have said.” ³⁸ And it was so. When he rose early next morning and squeezed the fleece, he wrung enough dew from the fleece to fill a bowl with water. ³⁹ Then Gideon said to God, “Let not your anger burn against me; let me speak just once more. Please let me test just once more with the fleece. Please let it be dry on the fleece only, and on all



Judges 6:36-40

the ground let there be dew.” ⁴⁰ And God did so that night; and it was dry on the fleece only, and on all the ground there was dew.



Coping Techniques

- 1. Pray Immediately**
- 2. Feel What's Real**
- 3. Focus on Facts Only**

Exodus 3:10-14

¹⁰ Come, I will send you to Pharaoh that you may bring my people, the children of Israel, out of Egypt.” ¹¹ But Moses said to God, “Who am I that I should go to Pharaoh and bring the children of Israel out of Egypt?” ¹² He said, “But I will be with you, and this shall be the sign for you, that I have sent you: when you have brought the people out of Egypt, you shall serve God on this mountain.”

¹³ Then Moses said to God, “If I come to the people of Israel



Exodus 3:10-14

and say to them, 'The God of your fathers has sent me to you,' and they ask me, 'What is his name?' what shall I say to them?" ¹⁴ God said to Moses, "I AM WHO I AM." And he said, "Say this to the people of Israel: 'I AM has sent me to you.'"

Exodus 4:1-2

Then Moses answered, “But behold, they will not believe me or listen to my voice, for they will say, ‘The LORD did not appear to you.’” ²The LORD said to him, “What is that in your hand?” He said, “A staff.”



Exodus 4:10-12

¹⁰ But Moses said to the LORD, “Oh, my Lord, I am not eloquent, either in the past or since you have spoken to your servant, but I am slow of speech and of tongue.” ¹¹ Then the LORD said to him, “Who has made man's mouth? Who makes him mute, or deaf, or seeing, or blind? Is it not I, the LORD? ¹² Now therefore go, and I will be with your mouth and teach you what you shall speak.”

Coping Techniques

- 1. Pray Immediately**
- 2. Feel What's Real**
- 3. Focus on Facts Only**
- 4. Positive Self-Talk**

Exodus 4:13-17

¹³ But he said, “Oh, my Lord, please send someone else.” ¹⁴ Then the anger of the LORD was kindled against Moses and he said, “Is there not Aaron, your brother, the Levite? I know that he can speak well. Behold, he is coming out to meet you, and when he sees you, he will be glad in his heart. ¹⁵ You shall speak to him and put the words in his mouth, and I will be with your mouth and with his mouth and will teach you both what to do. ¹⁶ He shall speak for you to the people, and he shall be your mouth, and you shall be as God to him. ¹⁷ And take in your hand this staff, with which you shall do the signs.”



Coping Techniques

- 1. Pray Immediately**
- 2. Feel What's Real**
- 3. Focus on Facts Only**
- 4. Positive Self-Talk**
- 5. Find Community**

FINDING COMMUNITY



— **PEACE** IN THE **PANIC** —

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