MENTORING OTHERS

2-Handling All Kinds of Fear

(A mentoring article)

As you grow and mature in your sonship, occasions will develop where you become scared in one way or another. It could be the extremely important Kingdom assignment you've been given or the gravity of the authority that you wield. It could be the pressure of ensuring that new members of the Kingdom, who you're mentoring and training, remain true to the King. Even relationships can scare you as you're open, transparent and honest with others, while your compassion, empathy and love can lead you into situations of emotional vulnerability. There are many and varied reasons for becoming scared or even frightened.

The critical thing is **NOT** to succumb to any form of fear. Even being scared at any level is a form of fear. That's a real problem for you, not because it puts you in a 'spin', but because fear is a tool of the enemy. As that's the case, fear of any kind must be rejected as soon as it is identified.

It's the Spirit of Fear that brings every kind of fear, never the members of the Trinity. You must learn that those feelings are not a warning for you, but a weapon of destruction that needs to be eliminated. Engaging anxiousness, scaredness[1] or fear will work towards neutralizing you – that's the enemy's aim in using it against you.

Now, it will take a great deal of effort to stop submitting to fear if you've already submitted to it. I have that constant battle because I submitted to a panic attack many, many years ago. The enemy knows I have faltered in that way so that's where the pressure constantly comes from – fears and anxiousness, usually subconsciously. I keep working against the fear, and you must too, no matter how long and difficult the task is, because the Spirit of Fear knows we all have weakness in that area.

Here's some helps to work through eliminating fear:

- Live out of your identity as a son.
- Start the day in Father's presence, just soaking it up.[2]
- Don't move into the day's activities until you feel settled.
- If there's pressure to do things in the day, with specific time schedules, get up earlier in the morning to spend time in Father's presence.
- Stay in Father's presence all day long.[3]
- Learn to absolutely trust Father with your life and circumstances. (Don't rely on faith).
- Rely on our King to be your justifier and defender when something goes wrong.

Those form a good foundation to start fighting back.

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1 – www.merriam-webster.com/dictionary/scaredness
2 – Mike Parsons "Discovering the Peace of Abiding in God's Presence" (6-9-2024) youtu.be/YatIiZJfoU4
3 – Mike Parsons: GUIDED MEDITATION - "Living in the Atmosphere of Love" (2-1-2025) youtu.be/TuAUbTxZ1Pk