

What to Do Instead of Panicking

We all tend to panic, at one time or another, during life's experiences. I've panicked in the past (a long time ago, actually), so I know how easy it is to do and how damaging the activity is. Having succumbed to one panic attack opens the door to the spirit of fear. From then on, that agent will use fear as often as possible to 'drive a wedge' between us and the Trinity, with the purpose of having us give up our journey in sonship.

As I've lived as a son of the Kingdom in recent years, I've been able to work against panicking and panic attacks. I'm able to achieve success with that because I can identify when panic is about to take place. That detection ability comes from constantly monitoring myself so I know what's going on in me and can determine – as the King of my own kingdom – what I allow to take place in myself.

From what I've just stated, it's clear that being a son, doesn't provide automatic freedom from difficulties, as many would have us believe. Instead, it's about self-control and being sober¹ about how we live life and how we respond to situations and circumstances.

Here's Father's instruction on how to deal with panic situations:

“When you find yourself in a situation that causes you to panic, do your best to stay calm. Be sensitive to My leading. I will bring you through to a place of peace and safety as you focus on where you are and where you need to be. I will guide you through this maze of discombobulation,” says the Lord.”²

Notice in his message that we are responsible to work through (or around) situations that might cause us to panic. At the same time, Father says, we need to keep level-headed about what's happening and look to him for guidance.

Again, it's all up to us if we want success in life, in every area.

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(Readers will need to look up for themselves any scriptures alluded to in this document)

1 – Level-headed or 'Serious and calm' dictionary.cambridge.org/dictionary/english/sober

'Straightforward and serious; not exaggerated, emotional, or silly. Staid in character or conduct' www.wordnik.com/words/sober

2 – Marsha Burns "Small Straws in the Soft Wind" (Jan. 11, 2024) ft111.com/smallstraws.htm [ARCHIVE: ft111.com/straws2024.htm]