



Rescued Once: How Hope Defeats Fear — Physiology, Psychology & Faith

Psalm 56:3-4

When I am afraid,

I put my trust in you.

In God, whose word I praise—

in God I trust and **am not afraid.**

What can mere mortals do to
me?



**Fear and hope are future-oriented
They both predict what hasn't happened yet**



The Battle between **Fear** and **Hope** Exists within every Human Heart.

Fear and **Hope** cannot co-exist fully at the same time — **one will dominate.**

Is fear at an all-time high?

Chronic fear has become normalized:

- **Generalized Anxiety Disorder** is at record levels
- News cycles are designed around **fear-induction**

There is a massive rise in:

- **Catastrophizing**
- **Health anxiety**
- **Economic insecurity**
- **Cultural/Political Panic**

**Our world produces more fear more often,
with less relief or recovery.**

Our modern world feeds fear constantly

- **News media:** Bad news gets up to **10x** more engagement > which brings more profit > which brings more bad news.
- **In Social media:** Outrage spreads faster than encouragement.
- **In Politics:** “**Be afraid of THEM**” is the most successful message.

We live in a system that has learned that **fear sells** and **hope does not**.

The human brain defaults toward fear

- From a biological standpoint, **fear is louder and more urgent than hope.**
- Scientists have found that **your brain reacts 12 times faster to negative stimuli than to logic or optimism.**
- Fear memories are **stored more vividly** and retrieved more easily.
- **Hope is learned; fear is an instinct.**

This means **the “natural” environment inside us tilts toward fear unless something can re-teach us.**

Can a person die from fear?

In **Luke 21:26** Jesus gives one of many descriptions of the last days:

“Men’s hearts failing them for fear, and for looking after those things which are coming on the earth...”

The key phrase in **Luke 21:26**:
"hearts failing them for fear"

The Greek Literally means:
“to stop breathing,” “to expire,” “to
faint away,” to die from shock,
terror, or panic

This isn't metaphorical anxiety — it
is **physical collapse caused by fear**.

The verse in Luke 21 is looking into the future, but

Do people die from fear now?

This will be the starting point of the first study we'll look at.

There are many modern-day examples of people dying from fear in cultures and religions that practice something called: **Malefic Magic**

The term means:

“rituals intended to cause harm through spiritual means.”

VooDoo
would be
an example
of **Malefic**
Magic.





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VOODOO DEATH

BY WALTER B. CANNON
Harvard Medical School

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A Brazilian Indian condemned and sentenced by a so-called medicine man, is helpless against his own emotional response to this pronouncement—and dies within hours.

In Africa, a young Negro unknowingly eats the sacred wild hen. On discovery of his "crime" he trembles, is overcome by fear, and dies in 24 hours.

In New Zealand, a Maori woman eats fruit that she only later learns has come from a tabooed place. By noon of the next day, she is dead.

Cannon describes many cases where people who believed themselves cursed, or who feared a supernatural doom, **died suddenly**, even without physical injury.

Cannon explicitly asked:

“How can an ominous and persistent state of fear end the life of man?”

The Body's Alarm System: “Fight or Flight”



The "Flight" Response



What about Inescapable Fear?



Prolonged fear hijacks and shuts down the body



The Final Outcome



There's strong evidence that hope is declining in developed countries:

- **Record levels of depression and anxiety** (from WHO data trends)
- **Self-harm and suicide** is sharply rising among youth and young adults
- **Trust in institutions** is eroding (church, government, media) all at historic lows
- **Chronic loneliness** considered an epidemic in the U.S. (source: Surgeon General)

Metric	Trend
Suicide rates	Have risen significantly in the past 20 years
Birth rates	At historical lows globally
Religious affiliation	Declining in Western nations
Anxiety/Depression	Increasing
Addictions/ Substance abuse	Increasing

Our world punishes hope

- Hope makes you look naïve.
- Hope requires patience.
- Hope requires trust.

But the world rewards:

Cynicism, Suspicion,
Self-preservation, Apathy

The hopeful are often **mocked, hurt, or taken advantage of**. Many stop hoping simply to avoid being disappointed again.

In his study on Fear Cannon
explicitly asked:

**How can a persistent state of
fear end the life of man?”**

— Walter Cannon, *Voodoo Death*, 1942

On the Phenomenon of Sudden Death in Animals and Man

by Curt Paul Richter

[illegible][illegible]

The phenomenon of sudden death is a well-documented one. In fish, however, it is only just now being recognized. It is not even understood if sudden death is one thing or a number of unrelated phenomena. It is not clear if the phenomenon is common to all fish species, or if it is limited to certain species. The phenomenon of sudden death is a well-documented one. In fish, however, it is only just now being recognized. It is not even understood if sudden death is one thing or a number of unrelated phenomena. It is not clear if the phenomenon is common to all fish species, or if it is limited to certain species.

The existing gap in a diversified companies' past and future markets, the lack of diversity and the lack of this and others more serious to the future of the stock market, and the future of the stock market and the future of the stock market.



On the Phenomena of Sudden Death in Animals and Man, Which the professor illustrates with the surprising jerk herring, bristles over fern chalcidism in interesting ways by Cort Paul Richarz.

manhunting worms, and division over good death is their mark of error.

Ying imports its fisheryware named as golden fish, such as gongs, drums, such, earthen flutes. Much retail exported as ornaments of the bedside and the only business outlet. So all ornaments are with this close as popular as other of others, as they have and other famous, black lacquerware of gold fish and Chinese ornaments, and the beautiful color noticeable in most used items to live their best prices.

[illegible][illegible][illegible]

To human thinking a cost-benefit calculation, value pricing is practically about the consumer's view that a product is a "bargain" or "steal." In that sense, value pricing is the best illustration of the economic wisdom of the marketplace. But let the market call it what it will: value pricing is an essential tool for any business that wants to succeed in a competitive market. It is a tool that can be used to increase sales, improve margins, and build customer loyalty. It is a tool that can be used to create a competitive advantage. It is a tool that can be used to create a sustainable business.

The amygdala is crucial to the primary constraint. A limited amygdala that is removed is taken into all the basic work platform from which many, but not all, individuals are born. Does one suggest that the amygdala is the lowest of all the way may increase or even eliminate all of the basic functions, which are not in

manipulatively agents of the niche and, thus, is object specificity, in one (natural) direction—it causes the other (typical) cause-effect (see useful variant, the objects of instrumental action become more or less similar to the aimed agent).

Dr. Wayne Price Smith, noted in charge of the nocturnal leopards, says physical length is tiny and that the size of the animal in comparison with a jaguar of well over 100 pounds is surprising. He says the animal will have markings of a leopard's coat. Male cats have a more frequent blacking than females that are white under the belly of the cat. He is showing the character of the animal.



Fig. 2. Physiological recording that very pronounced rise. Identical to the findings of Kallman (1970).

[illegible]

The physiologist wondered if the fish, by physically reflecting, the acute death, answer a most exact law as would not some other animal in the same or a superior condition, as it does the lowest scientific worm, man. Do they not see the awareness and thinking, form of intelligence, take really the behavior learned using of the mark set, as in human and again it shows the law that its next the generation for various. Do delta evolve into gains on the surface of the a genuine method, remaining, in processes that possibly and breathe.

The indicators so accepted by
various governments therefore be-
come the software to assist
the user in the navigation of the system.



He began with a group of twelve domesticated rats. Some of them swam for only minutes, others swam for hours before they drowned.

Next, Richter turned to **wild rats**—recently trapped, strong, wary, and **known for being excellent swimmers**. He expected them to outperform the tame rats. Instead, the opposite happened. One by one, they surprised him: **Within 2-3 minutes of entering the water, all 34 of the rats died.**

Perplexed, Richter asked:
“What is killing these rats?”

Why do fierce, aggressive wild rats die so swiftly, while many of the domesticated ones persist much longer?”

His conclusion focused on a single concept:

HOPE

The wild rats seemed to perceive their situation as **utterly hopeless**—no escape, no chance of rescue—and so they simply quit.

To explore this further, he modified the experiment. **When a rat appeared close to drowning, he quickly lifted it from the jar, held it just long enough for relief to register, and then returned it to the water.**

This single brief rescue changed everything!

The rats who were rescued right before they drowned and placed back into the water **would often swim for up to 2 and a half days!**

Having learned—by experience—that the situation was *not* inescapable, that help might come, that survival was possible, they kept going. **They refused to surrender.**





Hope can make all the difference



Romans 5:3–5

Speaks of Hope Learned by Experience

...we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character **produces hope**, and **hope does not disappoint** us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us.

Hebrews 6:19

"This hope we have as an anchor of the soul, both sure and steadfast..."

Psalms 31:24

"Be strong, be courageous, all you that hope in the Lord."

Romans 15:13

"May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope..."

2 Corinthians 4:8–10 — Not Giving Up

For it is the God who commanded light to shine out of darkness, who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ. But we have this treasure in earthen vessels, that the excellence of the power may be of God and not of us. **We are hard pressed on every side, yet not crushed; we are perplexed, but not in despair**

Final Summary

- Richter Study:
Hope massively increases endurance.
- Scripture:
Hope sustains the believer through trials.
- **Scientific and biblical truths align in demonstrating the Power of HOPE.**

Fear is not real. It is a product of our imaginations. The only place that fear can exist is in our thoughts about the future - causing us to suffer things that do not at present and may not ever exist.

That is near Insanity!

Now do not get me wrong,
Danger is very real.
But **fear is a choice.**

