

THE STATE OF PAUCITY

LEADS TO

FEAR



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There are **two states** that we as humans can live in or from. When you are in either state you have a TENDENCY to display predominantly certain characteristics or traits.

The two states are:

1. **ABUNDANCE**
2. **PAUCITY**

A person living in and from a state of ABUNDANCE tends to have a MINDSET that accepts and will allow God to work in their life. They fully surrender to His will. Accepting love gladly and joyfully, they are **receptive** to God's discipline and blessings. They are also patient, grateful, generous, and humble.

A person living from and in a state of abundance **KNOWS** there will be trials and tribulations but stays **focused** on God's promises to protect, provide, and love. As a result, you think there is more than ENOUGH!

When you live from ABUNDANCE you implicitly **trust** your Lord and Savior, Jesus Christ.

PAUCITY is the exact opposite.

When you live in and from a state of PAUCITY, you think LACK.

There is NOT ENOUGH, and you are NOT ENOUGH.

Therefore, you are **ALWAYS** living in **FEAR**, which causes you to be constantly **grasping**.

While the emotion that empowers a person living from and in a state of abundance is **LOVE**; the emotion driving a person living from and in a state of paucity is **FEAR**.

Perfected LOVE casteth out FEAR.

Fear is an interesting emotion because it has many different faces.

Some of the many faces of fear:

1. Pride
2. Greed
3. Selfishness
4. Anger
5. Panic attacks
6. Anxiety
7. Doubt
8. Worry

9. Grasping
10. Rejects/resists
11. Controlling
12. Jealousy
13. Covetous
14. Impatience
15. Volatility
16. Procrastination
17. Complains
18. Blames
19. People pleaser
20. Indecision

Understand that it is okay to exhibit any of these traits on occasion, because we are human.

However, if they are showing up **daily** and **consistently** in response to life, you may want to **EXAMINE YOUR STORY.**

1. What's in your heart?
2. What's on your mind?

If it is NOT love, it's fear,
which causes you
constant and chronic
DIS-EASE in mind, heart,
and soul and ULTIMATELY
results in **DISEASE** of the
mind, body, and soul.

- HTN/Cardiac issues
- Psychological issues
- Physical ailments
- GI problems
- Skin rashes/acne
- Diabetes
- Kidney/Liver problems
- Elevated cholesterol
- Obesity
- Addictive behaviors
- Sleep disturbances

I am a physician;
however, I respectfully
ask that if any of this
rings true for you,
PLEASE take the time to
properly investigate and
discuss with your primary
care physician, then
consider working with me
to **gain clarity** and **TOTAL
HEALTH.**

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