



It is so easy to get caught up with what the world throws at you. Life has a way of throwing some wicked curveballs; which then can escalate and become more fear driven.

Fear is the reaction to a real imminent event or danger in our lives. However, fear can also be based more on our feelings.

When something has moved beyond being a possibility, to become a reality...I have lost my job, I am horribly sick, I have a huge final coming up tomorrow, something has happened to one of my children...things are happening around me and I am afraid. It is that fear that will last with us until the imminent event or danger is over.

Unfortunately, we worry about things that might possibly happen in the future instead of realizing that we have a God much bigger than whatever fear we are facing.

It is natural to be afraid; however, it is when we allow fear to take control of us, we push God out of the picture and allow fear to become our God.

Also, we think that we can combat fear by taking control of the things that are happening or are about to happen in and around our lives.

Let's break down FEAR and what it really is...

"F" is for frustration. Doing life on life's terms is not an easy concept. The realization of being powerless is not accepting. However, the apostle Paul said to the Galatians, *"So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up."* (Galatians 6:9 NLT) Life is not easy. But if we let God set our steps, blessings happen.

"E" is for emotional. Humans are emotional creatures, and emotions in it's proper place is a good thing. When we let our emotions rule us instead of us ruling them, it then goes from proper to problem. In the book of Psalms it reads, *"Be still and know that I am God; I will be exalted among the nations, I will be exalted in the earth"* (Psalms 46:10 NIV) When we let our emotions get away from us, we must realize exactly who is God and who God really is. Simply, let go and let God.

"A" is for anger. The combination of frustration and being emotional definitely opens the door to anger. This can be such a destructive part of fear. Solomon wrote, *"People with understanding control their anger; a hot temper shows great foolishness."* We should video tape of what we look like when we get angry. That would probably be a cure all.

"R" is for regret. Where anger is destructive, regret is even worse...it's self-destructive. We end up putting ourselves in the cross hairs. It says in the book of Isaiah, *"But forget all that, it is nothing compared to do what I am going to do."* God reminds us that no matter what happens He is in control. If you still find the need to beat yourself up...use a feather.

The biblical definition is found in the book of Hebrews...

*"Faith shows the reality of what we hope for; it is evidence of things we cannot see."* (Hebrews 11:1 NLT)

Let's break FAITH down...

"F" is for forgiveness. This is a key component to FAITH. The apostle Paul said, *"Instead, be kind to each other, tender-hearted, forgiving one another, just as God through Christ has forgiven you."* (Ephesians 4:32 NLT) As we forgive, we draw closer to God.

"A" is for acceptance. Whatever situation we are faced with, we believe that God will see us through. The apostle Paul said, *"And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them."* (Romans 8:28 NLT) When we believe in God's promise that He will never leave us or forsake us we can truly stand firm and not waiver.

"I" is for intimacy. As we realize how much God loves us, we learn to open our hearts to Him. In James 4:8a NLT it reads, *"Come close to God, and God will come close to you."* Simply, this is how you can have God draw closer to you. Reach out to Him.

"T" is for trust. Developing an intimate relationship with God, trust happens. In Proverbs 3:5 NLT it reads, *"Trust in the Lord with all your heart; do not depend on your own understanding."* Simply get out of the way and allow God to lead.

"H" is for healing. When we go through this process, healing begins to happen. In the book of Jeremiah, *"O LORD, if you heal me, I will be truly healed; if you save me, I will be truly saved. My praises are for you alone!"* Through healing we grow in God's strength.

Living in faith, we have an opportunity to discover that there is nothing impossible for God.