

Goodbye Fear, Hello Faith!

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Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your request to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (Philippians 4:6-7)

REAL God I struggled with anxiety and anger for years, even as a Christian. Even though I attended church, prayed often and loved God, I didn't really **know** Him; I had no personal relationship with Him. I didn't really understand what Jesus had done for me. I did not read my Bible and did not obey the command 'don't worry.' I certainly didn't trust Him so I didn't surrender control of my life. My mind became a battlefield, filled with the lies of this world and constant negative thinking.

I have been crucified with Christ and I no longer live, but Christ lives in me. The life I live in the body, I live by faith in the Son of God, who loved me and gave himself for me. (Galatians 2:20)

REAL You I was the strong-willed child in my family who didn't obey, and didn't respect my parents' authority—I challenged them at every turn. As an adult, I disobeyed God's commandments even though I knew I was not living right. Rebellion turned me into an anxious and angry woman. But today, I am no longer a slave to anxiety and anger; I chose to destroy (crucify) the lies and negative thoughts. I "died to my old self" and I am a new creation with the resurrection power of Jesus Christ in me. I am free from worry, I grow more like Christ every day, and I gladly put my trust in the One who loves me and died for me.

REAL Problems Through all of my struggles, God never left me alone. God gave me a heart that *wants* to obey Him and do His will—by the power of the Holy Spirit, Christian friends and their prayers, and renewing my mind. I even share my deepest secrets with others so they can be healed by the same glorious, loving God who healed me!

...for it is God who works in you to will and to do what pleases him. (Philippians 2:13)

REAL Solutions EVERY DAY, I depend on God's strength and I put on the Full Armor of God for protection (Ephesians 6). Every day God is making me stronger! I feel the Holy Spirit working in me, giving me the power to not be anxious and angry. Even when the Enemy is close, I know I am protected by my Lord God Almighty! I pray continually. I spend time with my Lord in the morning, I talk to Him all day and now, when I feel anxious or angry. I read the Bible when anxiety threatens my thoughts again. I PRAY and I speak His truth. And He always calms me and fills my heart with His limitless peace.

RESOURCES The Bible- Have a daily quiet time with God
Memorize Scripture
Prayer journal- keep track of prayers and God's answers
Attend Bible studies
Spend time with other Christians getting to know, love and obey God

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