

No More Fear

Jennifer Gray

I struggled with anxiety and anger for years. Even though I was a Christian, attended church, I prayed and loved God, I didn't really know Him; I had no personal relationship with Him. I didn't read my Bible and certainly didn't trust Him, so I didn't surrender control of my life. My mind was a battlefield, filled with lies of this world and constant negative thinking... **BUT GOD** has delivered me from these daily struggles with anxiety and anger! Today, I am no longer a slave to fear; I chose to destroy and 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.

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

We all have fear... **BUT GOD** gives us tools to resist fear.

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 understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or even seen in me— put it into practice. **And the God of peace will be with you.** Philippians 4:6-9

Steps I take when I begin to worry:

- 1. Say it!** "*Do not be anxious about anything...*" As soon as I begin to worry, I consciously tell myself, "DO NOT WORRY!"
- 2. Pray it!** "*...but in prayer and petition, with thanksgiving...*" I pray and talk to God about the worrisome thing. I thank Him for being with me and in control of everything. The Apostle Paul says if you want to worry less, you need to pray more!
- 3. Replace it!** "*...whatever is true, whatever is noble...*" I replace worries and lies with God's truth. Memorize God's Word (the Bible) so when you are being tested you can immediately extinguish the lies with God's truth!
- 4. Display it!** "*...put it into practice...*" It isn't enough to hear or even read God's Word. I must also put it into practice. When I surrender my fears to God, He fills me with His Holy Spirit, who fills me with His peace, gives me the wisdom I need to get through it, and leads me to act and respond according to His ways.

EVERY DAY, I depend on God's strength and I pray to put on the Full Armor of God for protection (from Ephesians 6). Every day, God is making me stronger! I feel the Holy Spirit working in me, giving me the power to stop being anxious and angry. Even when the enemy is close, I know I am protected by my Lord God Almighty! I spend time with my Lord in the morning, and I pray and talk to God all day, and at night when I can't sleep. I worship Him through praise music and now I feel His presence in my heart and soul.

RESOURCES & TOOLS

The Bible- Have a daily quiet time with God | Memorize Scripture about trusting and knowing God, like Philippians 4:4-8 above | Prayer journal- keep track of your prayers and God's answers to them | Attend Bible studies | Spend time with other Christians, getting to know, love and obey God | Worship music

CONTACT INFO jgray787@hotmail.com