

Break Fear's Grip: Live the Life You Want

It was getting late on a Saturday night, and I decided to see who else was scrolling on social media besides me. I posted a question, wondering who might engage in the discussion.

"What's the No. 1 problem you think stands in the way of most people trying to move forward in life?"

It could have been a heavy question for a weekend, but it seems we opened up a topic people were ready to discuss. Responses that rolled in from men and women sharing their hearts with raw and real answers revealed a burning issue in the lives of men and women in 2021.

People are battling fear.

Some cited fear of failure as the culprit stopping them from pursuing their dreams, while others noted fear of letting go. Brave ones blurted out: "fear it won't work." Still, others shared about the pain and fear of rejection, and then there was fear of the unknown.

You could see the effects of 2020 news reels which had wreaked havoc and been allowed to build fear in God's people.

As believers poured out their hearts about their inability to move ahead in life, I had a holy roar rise up in me.

I saw the insidious thread of accusation that has kept so many from living their lives, going places they enjoy; isolated from others without avenues to process their thoughts, people are now waking up to the fact that they still have a choice to make. Fear does not have a permanent grip on your mind. God holds out an amazing exchange for you to discover.

"For God did not give us a spirit of timidity (of cowardice,

of craven and cringing and fawning fear), but [He has given us a spirit] of power and of love and of calm and well-balanced mind and discipline and self-control" (2 Tim. 1:7, AMPC).

Many believers claim verses and make proclamations to overcome negative thoughts, yet they haven't recognized a kingdom key about dealing with fear. It's time!

There is an essential exchange available to every believer who wants to overcome the hoax of fear and jump start life with hope.

Learn more about how to make this powerful exchange God offers you in this episode of *The Linda Fields Show* on Charisma Podcast Network. {eoa}