

How Fear Kills Your Future

I am an author. Authors write. Authors who write often have tons of ideas. Tons of ideas fill my brain every day. Tons and tons and tons of books stacked the ceiling of my brain. Millions of pages and pages and pages. And I am afraid of them.

The mountain of them forms a monstrous wall that paralyzes me. How do you climb on pages to get to the top? How do you pull one book out of the thousands—the one book I will bring to completion. This wall of fear shuts me down and sometimes incapacitates me to the point of not taking the next step, not deciding which books to give my effort and attention.

I realize this happened to me this year. After *Sweet Grace* came out, I had lists of ideas and books I wanted to write. For years I had no ideas and now all of a sudden the creative thinking I believe God has gifted each person with came to fruition in my brain.

The enemy of my soul, though, didn't like the ideas. He couldn't erase them because they were already in my heart and mind. So he did the only thing he could. He told me it was too big of a task—that I was not equipped to take this on.

His biggest weapon against me is to overwhelm me completely. However, I know a God who has a bigger weapon than that. I know a God who has the power to move mountains. I know a God who can raise people from the dead. And if he can raise people, He can surely resurrect dreams.

When God formed me in my mother's womb,¹ He gave me the gift of writing. The enemy built obstacles to prevent me from fulfilling the call of God on my life. In January 2013 God broke through many of those obstacles to propel towards the completion of *Sweet Grace*.

He brought a tribe of people around to help me get the book completed, formatted, launched and on Amazon. I could not have done it without so many who helped. If I start naming names I will forget some. But if you helped in any way, you know who you are and I am forever in your debt. Thank you from the bottom of my heart.

Now that my second book is almost ready for formatting, I came up against that wall again—the fear of completion. I asked God to show me the wall. It was comprised of books as high, wide and deep as I could see. I looked at it and a total sense of fear overwhelmed me.

In seeing the wall, I asked the Holy Spirit to reveal to me when I first felt this fear of completion. He showed me those who told me I wouldn't be able to make a living writing books. They told me I needed a real job. It's actually the reason I got a degree in journalism—so I could write and have a real job that made steady money.

When I forgave those individuals, the wall turned from a formidable wall of books to a wall of paper. Sitting in my car at a stoplight, I prayed, "Holy Spirit, please remove this wall of the fear of completion. I do not want it in my life." I clapped once to seal the moment and as I did I saw a strong and powerful wind blow the papers away. They left the picture in my mind and all that was left was me and the Holy Spirit.

It was a tangible rewiring of my brain. Where there once was a mountain of fear, overwhelm, procrastination and incompleteness, I heard the gentle yet powerful voice of the Holy Spirit say to me, "You are self-sufficient in Christ's sufficiency.² I have given you everything you need to complete this task. I have gifted you as a writer. I have put books in your brain not to overwhelm you, but to encourage you and to give you a glimpse of your future. This is only a part of your destiny, but it is a major part."

Then He outlined the steps for completion of *Sweet Change: True Stories of Transformation*, my next book which will be released on Amazon, Dec. 15. I know it is the beginning of something more that God has planned. His desire is that for all people to be set free of the bondage they find themselves in.

For years I allowed my addiction to certain foods to thwart my destiny. The love I had for sugar made me tired, lethargic and brain dead. When I, with God's help, removed sugar and gluten from my life and began to become healthy, I began to take cautious steps into what I've always known was my purpose.

Many of us have done the same thing – we have allowed food to become something that enslaves us rather than fuel to accomplish God's destiny in our lives. For many, it is the enemy's way of making sure we don't step into the greater things God has planned for us. It masks a fear we have of totally stepping into the future God has planned for us.

God is really angry at these tactics of the enemy. If He is, we should be too. If you are one the enemy has captured in this lie, you can start now to bring the stronghold of food you have allowed to keep you in bondage. You can do this yourself, but if you need help, think about joining *Sweet Change Weight Loss Coaching and Accountability Group*. We deal with many of these issues. We are really a different kind of weight loss group in that I firmly believe weight is lost by focusing on the inside rather than the outside.

In addition, read *Sweet Grace* and complete the *Sweet Grace Study Guide*, if you haven't already. Then, read *Sweet Change: True Stories of Transformation* when it releases Dec. 15.

God wants you to fulfill your destiny. He wants to help you release the strongholds in your life, move out in victory and teach others how to do the same thing. It may be scary, you may be afraid, but God is the one who will remove those fears.

You can go forward if you really desire to. You will have to do the work, but God will help you when He knows you are serious when you say, "Whatever it takes, God." When you say that, He will want to see action to back it up. But He will also want to see that your mind has shifted from short-term fix to lifestyle change.

Take an intentional step forward to break the strongholds today. Your destiny is waiting.

1 Psalm 139:1-6

2 Philippians 4:13 AMP

Teresa Shields Parker *is an author, blogger, editor, business owner, wife and mother. Her book, Sweet Grace: How I Lost 250 Pounds and Stopped Trying to Earn God's Favor is available on Amazon in print, Kindle and Audible [HERE](#). This story is from her blog, .*