

Key Scriptures to Free You From Fear and Despair

Let not your heart be troubled!

These were some of the last words Jesus spoke to His disciples. I love reading chapters 14-17 of John. Some scholars think these are words spoken to the disciples at the Last Supper. I know that Jesus is pouring out His heart to the disciples knowing that He would soon be leaving.

Several times He says, "These things I have spoken to you ... that my joy may remain, that you should not stumble, that you may have peace."

In peace, you hear His voice. His voice and our agreement is what releases heavenly strength and resources into our lives and circumstances.

John 14:27 states, "Peace I leave with you. My peace I give to you. Not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid."

Proverbs 4:23 is a key Scripture in keeping a peaceful heart: "Keep your heart with all diligence, for out of it are the issues of life."

Your heart is a garden and you are either sowing seeds, or growing weeds!

You are the only one who is responsible for the condition of your heart.

Tips for maintaining a "weed free" garden:

- * Live intentionally.
- * Guard your time and fellowship with the Father.
- * Choose your relationships with people by the Spirit.

- * Remember what God has done in your life.
- * Rejoice always.
- * In everything give thanks for this is the will of God.
- * Live 1 Thessalonians 5:15-18. {eo}

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