

Stomping the Head of Torturous Fear

Hell is described as a place of eternal torment. But did you know that put yourself through hell on Earth whenever you tolerate fearfulness in your life?

Yes, that is a strong statement. But it is true.

I thought about that when I had some phone calls that I did not want to make the other day.

I started to put off doing them. Fear typically drives procrastination.

But then a startling reason came to me to get them done—a reason that I've never thought before:

“I don't want to put myself through torment.”

1 John 4:18 (NKJV) came to mind as I pondered that new thought: “There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love.”

Torment is associated with torture; the dictionary defines torment as “extreme mental or physical anguish.”

Have you ever allowed your mind to indulge in fearful, anxious thoughts? What you are doing is subjecting yourself to a form of mental torture.

From now on, I challenge you to associate fear with mental torment for motivation to overcome it.

Here is another startling fact about fear:

People who do not accept the Lord Jesus as their Savior due to cowardice—fear of what other people think or fear of having

to forsake a destructive lifestyle—will have their part in the lake of fire according to Revelation 21:8 (MEV): “But the cowardly, the unbelieving, the abominable, the murderers, the sexually immoral, the sorcerers, the idolaters, and all liars shall have their portion in the lake which burns with fire and brimstone. This is the second death.”

In contrast, those of us who had the courage to accept and follow Jesus as our Savior and receive forgiveness of our sins have the right to boldness: “The wicked flee when no man pursues, but the righteous are bold as a lion” (Prov. 28:1).

We are not bold because of our own righteousness; after all, we have none apart from Jesus. However, He has given us a new identity in Him as the righteousness of God in Christ (see 2 Cor. 5:21).

So we can get rid of tormenting fear to the degree that we remind ourselves of the greater one who is in us and with us.

Many Christians fear because they face situations and think to themselves, “Where is God?”

Author Ravi Zacharias has a great answer to those who ask such a question:

“He is exactly where we left Him.”

The Lord never leaves nor forsakes us, according to His Word.

In addition to reminding ourselves of our identity in Christ and His presence with us, we must receive His perfecting love to cast out fear. Remember 1 John 4:18 says that perfect love casts out fear.

So if worry, anxiety and fear continues to torment you, then that means you need to receive the Lord’s perfect love all the more in the midst of your situation.

I often use a short prayer in the midst of any fear that tries

to come my way: "Lord, perfect me in your love."

As God's people, let us refuse to accept tormenting fear in our minds, in our lives.

The only fear we should allow to dwell with us is the fear of the Lord—which is reverencing, honoring, and respecting the Lord enough to do what He says.

Let us fulfill our destiny according to Daniel 11:32, "But the people who know their God will be strong and take action."

Be blessed in health, healing and wholeness. {eo}

P.S. Is releasing excess weight one of your fears? I used to fear that I would become someone I wouldn't like if I lost weight! So I would sabotage myself subconsciously when I would get down to a certain size, afraid to go any further.

Both fear of failure and fear of success tormented me.

But the Lord gave me courage to face my fears through His perfect love. As a result, I reached my ideal weight and have maintained it for several years.

If fear is keeping you from reaching your weight loss goals, then the Take Back Your Temple program will help you renew your mind so that you will become courageous and become everything the Lord wants you to become. {eo}

*Once 240 pounds and a size 22, **Kimberly Taylor** can testify of God's healing power to end binge eating. She is an author and the creator of the Christian weight-loss website . Visit today for inspirational health and weight-loss tips.*

This article originally appeared at .