

The Key to Overcoming Fear

“OK, background players,” announced the assistant director through the bullhorn, “this scene is supposed to be hairy and scary. You’re trapped in a bad flight that has hit rough air. You are victims—got that?”

At the time I was working as a screen extra for a TV movie. It was early morning, and I was fresh and eager to give my all to the “hairy and scary” scene. “Lights, camera, action!”

Soon the mock airplane was alive with victims—with some (including me) gyrating violently in our seats, creating the illusion of turbulence. Gripping the sides of my passenger chair, I imagined a series of worst-case scenarios to help me with the scene: What if the bumps get worse? How worse? Would I survive?

“Cut!” yelled the voice through the megaphone. “Nice job of fear—but let’s do it again, only with more **fear**.”

Hours and many retakes later, I emerged **tired** and **drained**. Days later when faced with a real-life **crisis**, a dental **emergency**, I found myself imagining: What if I need surgery? How can I afford it? Will I financially go under? Again, I wound up tired and drained from the **worst-case scenarios** going through my head.

Over the years from reading God’s Word, I have discovered that you and I are to be “casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ” (2 Cor. 10:5, NKJV). In fact, Jesus has admonished us not to worry about tomorrow (see Matt. 6:25-34).

As we head into new seasons, I invite and challenge you not to imagine worst-case scenarios, but instead to **turn to God**—a good God whose perfect love casts out all fear (see 1 John

4:18), a loving God who desires the best for you and me (see 3 John 2).

Starting today let the Lord be your vine, the source from which you derive all **strength** to face the day (see John 15:1-8). Instead of building fear from within yourself, why not build your **faith** in a Sovereign God who has all in His powerful hand? You will emerge more than a conqueror through Him who loves you (see Rom. 8:37).

PRAYER POWER FOR THE WEEK OF 4/7/2014

This week thank the Lord for His love and goodness. Ask Him to help you put aside fear and worry and to concentrate on His ability to provide every **need** and fulfill all His **promises**. Pray for **revival** to sweep across our nation and touch every city, state and national office. Pray that God's people would recognize the seriousness of this hour and gather in fasting and prayer regarding the future of our **nation**. Pray for our military and especially the families of the victims who died in the recent Ft. Hood shooting. Continue to pray for those who lost loved ones in the disappearance of flight 370, as well as the victims of the mudslides in the state of Washington. Pray for wisdom and protection for our president and those working with him for our security and safety. Remember **Israel**, the persecuted church and those continuing to serve our country in all branches. 2 Cor. 10:5; I John 4:18; John 15:1-8