Praying through your fears and anxieties

Overcoming Fear

part of the Overcoming Series
a gift from UCB.CO.UK
Welcome to Overcoming Fear

Fear is the enemy of the life lived in God

he only thing we have to fear is fear itself’ said Franklin D. Roosevelt at the beginning of his first inaugural address in 1933. Roosevelt – widely believed to be the greatest US President of the twentieth century – was addressing a nation gripped by fear during the depths of the Great Depression.

It was a dark hour: factories had fallen silent, farms lay fallow. Unemployment was sky high. Families were sliding into destitution and debt. Fear was rife, and the nation was on its knees. Into this, FDR spoke words of hope, vision and faith.

Today, we find ourselves in the throes of another global recession. The threat of terrorism stalks our big cities. Scientists tell us to expect more natural disasters due to global warming. Our violent, sexualised culture no longer feels like a safe place to raise children.

And we carry our own secret fears too – fear of failure, fear of rejection, fear of not mattering, fear of losing a loved one, and fear of our own death.

Fear is the enemy of the life lived in God. It paralyses us, imprisons our spirit and limits our potential. It stops us from doing what we should do, and makes us do things we shouldn’t.

But thankfully God has given us everything we need to fight back. His Word is full of ‘fear not’, ‘do not be afraid’ and ‘take courage’. Through the lives of Bible heroes and in the words and person of Jesus, He speaks directly to our worst fears and replaces them with faith.

So allow Him to speak hope, vision and faith to you today, and whatever challenges of fear you may be facing, be assured that they can be overcome.

The Overcoming Series is designed to help people like you find God’s help in dealing with the challenges that face us all.

Containing a selection of articles and testimonies written by people who understand what you’re going through and long to help you overcome. Then, starting on page 16, there are 28 readings from Bob Gass, author of The Word For Today, to help you practice new thought patterns and habits day by day for a month. As the Bible says, ‘He who is in you is greater than he who is in the world’ (1 John 4:4). With the help of our great God, you can overcome any challenge you face.

Discover the other titles in the Overcoming Series on page 35
Where do I start?

Jesus takes our fear seriously. Of 125 commands of Christ, 21 are related to fear and courage.

In his book Fearless (2009), Max Lucado writes, ‘Fear never wrote a symphony or poem, negotiated a peace treaty, or cured a disease. Fear never pulled a family out of poverty or a country out of bigotry. Fear never saved a marriage or a business. Courage did that. Faith did that. People who refused to consult or cower to their timidities did that. But fear itself? Fear herds us into a prison and slams the doors.’

So why do we put up with it?

Fear is not sinful in itself. It is like an internal warning system, alerting us to potential danger. Fear holds us back from the platform’s edge, keeps us from driving while tired, or walking home alone late at night.

But fear can lead to sin. When fear convinces us to put safety and keeping control first, it undermines our faith and trust in God. Our lives get smaller and smaller as we are hemmed in by worries and ‘what-ifs’.

For this reason, Jesus takes our fear seriously. Of the 125 commands of Christ in the four gospels, 21 are related to fear and courage, which makes it the one statement He made more than any other. Perhaps you can quote some of them from memory...

‘Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear.’ Matthew 6:25 (NIV)

‘The very hairs on your head are all numbered. So don’t be afraid’ Matthew 10:31 (NLT)

‘Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.’ John 14:27 (NIV)

The antidote to fear is faith. When we shine the light of Jesus into the places our fear lurks, the darkness cannot remain – it has to flee. We can only banish wrong thinking with right thinking; the only way to evict lies is with truth.

Sometimes, we allow ourselves to learn the hard way, like Abraham. He is included in the role call of heroes in Hebrews 11 – one of those who ‘by faith’ took hold of God’s promises. But look closely at his story in Genesis and you soon realise that this was a man whose actions were sometimes motivated by fear, and not faith. He jeopardises his own wife rather than put his life at risk before entering Egypt (12:10–13); he has a child by his servant, anxious that God won’t make good on His promise to give him an heir (16:1–4).

Perhaps Abraham’s example is so prominent this early in the Bible because we so urgently need to heed his example. Following our fear is guaranteed to lead us away from God’s best for our lives. So God gives us everything we need to fight back – and it begins with trusting in His faithful character and perfect love.
Overcoming Fear

Your guide to overcoming fear with God’s help

Who else could do a better job of taking care of the things we most fear than Jesus?

When fear comes calling, the thing we long for most of all is PEACE. So here’s a step-by-step guide towards finding it.

P... is for PRAY

‘Cast all your anxiety on him because he cares for you’ 1 Peter 5:7 NIV

When we pray we get immediate relief. As we turn to God and begin to cast our cares on Him one by one, He takes the weight off our shoulders and takes it on Himself. So instantly we can feel lighter, and happier. Just by praying.

TRY...

Whatever you fear today, pray about it right now. Ask the Holy Spirit to put faith in the place of fear.

E... is for EXAMINE YOUR FEARS

‘Look at the ravens. They don’t plant or harvest or store food in barns, for God feeds them. And you are far more valuable to him than any birds!’ Luke 12:23-25 NLT

Here is enormous power in naming the things that worry you the most and seeing them in black and white on a page. In his award-winning novel Life of Pi, author Yann Martel writes:

‘You must fight hard to express [fear]. You must fight hard to shine the light of words upon it. Because if you don’t, if your fear becomes a wordless darkness that you avoid, perhaps even manage to forget, you open yourself up to further attacks of fear because you never truly fought the opponent who defeated you.’

(Yann Martel, Life of Pi, Canongate Books, 2001)

TRY...

Over a period of a week, take careful note of the things you worry about each day. Then ask how many of them actually happened?

A... is for ACCEPT HELP

‘Let us love one another, for love comes from God. Everyone who loves has been born of God and knows God’ 1 John 4:7 NIV

Fears can seem much worse when we are alone. God knows that we need constant reassurance about who He is and who we are, so that’s why He puts us in community with other believers – the church!

Jesus took his closest friends with Him to Gethsemane to pray before His arrest and trial – He knew that He needed support in those fearful final hours: ‘He took Peter, James and John along with him, and He began to be deeply distressed and troubled’ (Mark 14:33).

Friends can minister the peace of Jesus in a way that nothing else can. They can be His arm around you at the crucial moment. All you need to do is open up and ask for help.

C... is for COURAGE

‘The wicked flee though no one pursues, but the righteous are as bold as a lion’ Proverbs 28:1 NIV

In the face of fear, courage often feels a long way off. But it never is. All it takes is a change in perspective. Today, Jesus says you are as ‘bold as a lion’ if you are in Him.

Brother Yun writes, ‘There are many timid Christians today, but the two words “timid” and “Christian” do not belong together… You may have been a timid and fearful person in the past, but God wants you to hand your fear to Him and become as bold as a lion. You see, it doesn’t matter at all how people see you or what they say about you. It doesn’t even matter what you think about yourself. All that matters is how God sees you.’

Read stories of courage in God’s Word (e.g. David in 1 Samuel 17; Gideon in Judges 6) and be inspired by how God blesses ordinary people taking bold steps of faith.

TRY...
E... is for EXPECT JESUS
“Don’t be afraid,” he said. “Take courage. I am here!”
Matthew 14:27 NLT

Try...
Next time you’re faced with a personal storm, seek the face of Jesus in the middle of it. He will be there!

The disciples were caught in a storm on Galilee, fighting against the wind and the waves. They thought Jesus was miles away – He’d sent them on ahead while He’d gone off somewhere else to pray. So they didn’t think for a moment that He would come out to help them in their fear. But He did, and He performed one of His most amazing miracles before their eyes – walking on water.

We often think we need peace and quiet to find Jesus: meditating on a retreat maybe, or praying in a silent church. But in fact, He’s close to us during our most trying times, too, saying “Don’t be afraid... I am here!” When we expect Him to show up in the middle of our storm, our fears die down like the wind and waves.

Encouraging Words Every Day.
Call 0845 60 40 401 to get your FREE copy

UCB INSPIRATIONAL
Great music and a message of hope

*check ucb.co.uk for coverage

On DAB*, online, Sky 0136 and iPhone app

UCB UNITED CHRISTIAN BROADCASTERS
THE BIBLE TEACHES US that ‘Perfect love casts out fear’ (1 John 4:18). Today I know that this is true, however a few years ago I was so full of fear that I wouldn’t leave the house, and even hid behind furniture when the front doorbell rang…

Although I was a Christian and married to a good man with two lovely children, I carried the scars of a violent, abusive childhood, which ultimately led to a serious suicide attempt and psychiatric hospitalisation. I was diagnosed with severe clinical depression, obsessive compulsive disorder, bulimia, self-harming and suicidal tendencies, and prescribed many different types of medication and therapies. The psychiatrist finally reached a point of being at a loss to know how to help. He then agreed to release me (with a carer) to attend a Christian Healing Retreat at Ellel Grange.

As the team prayed and God gently exposed the roots to my problems, I began to see that throughout my childhood fear had been both my enemy and my friend. I had been tormented by it, yet at the same time I had clung to it because it kept me on red alert. Fear gave me a level of control. There were difficult issues to work through over a series of visits to Ellel, including forgiveness, repentance and deliverance, but the hardest of all was receiving God’s love. I was afraid of love. So-called ‘love’ had violated, abused and abandoned me. I didn’t trust it, I fought it … yet at the same time, from somewhere deep inside, I hungered for it.

Through the teaching I heard and the example of Ellel team, I slowly learned that God’s love wasn’t like my parents’ love. It was the love of 1 Corinthians 13 – patient, kind, didn’t force itself on me, was unselfish and not irritable, rough or hostile. It believed in me, it was never going to give up on me ... it was never going to abandon me. Tentatively, I began to allow myself to receive this love – it was like soothing balm to my wounds.

Still, the fears didn’t just fall away. They were my friend and protection in childhood, and despite bombarding my mind with constant ‘What if’s ….’, causing debilitating migraines, robbing me of sleep and preventing me freely entering into life and relationships, they were still my friend and protection in adulthood. When fear rose up, I was still submitting to it – hiding and withdrawing, instead of remaining in God’s love and trusting in all His promises of protection. I realised I had a choice: continue to give place to fear (and the powers of darkness - 1 Peter 5:8) or press into God, daring to put my trust in Him.

I’m so grateful that by His Spirit, He enabled me to tentatively begin to push against the barriers of my fears. As I faced the truth and dared to initiate phone calls, go back to church after years of being away, venture to the shops, my roots began to sink deeper into the soil of God’s love, the fears gradually fell away and my confidence grew.

Today, I really am free – not just to go outside, but to enter into all the fullness of life! Shopping, outings and family holidays are no longer a problem, but a joy. And I can truly say that it is the power of God’s love that has worked this miracle, triumphing over the hatred and evil that put me in that prison of fear. Perfect love, our wonderful heavenly Father’s love, really does cast out fear! It’s amazingly unconditional, but we have to choose to receive it, depend on it and really live in it!

A personal testimony by Sarah Shaw

The full story of Sarah’s journey of recovery, and further information on the work of Ellel Ministries are available from www.ellelministries.org.
Dear struggling child of God, be still and know that He is God. Be still, be confident, and be assured that all is under His control. He has not forgotten you. Know this: nothing has gone wrong with His good plans for you.

It’s when we do not hear His voice that our minds overflow with fears. It’s then when we tend to lose our confidence in God. Beloved, every believer goes through this.

Take John the Baptist, the one who had declared Jesus to be the Lamb of God who would take away the sins of the world. John preached in the power of the Holy Spirit but he doubted when he was in the darkness of a dungeon. In his despair he sent messengers to Jesus asking, ‘Are you the one who should come or should we look for another?’

Darkness, whatever its cause, can bring irrational fear upon even the strongest. The enemy sends his tormentors in darkness, for that’s his style.

Now look at how Jesus dealt with John’s enquiry; how He in love sent a message of hope that would cause John to overcome his fears. He said, ‘Go back to John and tell him what you have seen and heard—the blind see, the lame walk, the lepers are cured, the deaf hear, the dead are raised to life, and the Good News is being preached to the poor’ (Luke 7:22).

This same Lord is the one who says, ‘Be still and know that I am God’ (Psalm 46:10). He is saying the same to you. He wants to remind you that He healed all who came to Him – of whatever disease or sickness they had.

Just as these words calmed John the Baptist’s greatest fears, so let them quieten your heart. Be still and know that this sickness is not unto death; rather it is unto a life that will be far more fulfilling for you.

With all that’s within me I know that God heals and sets His children free; it was for this reason Christ died to save us. Be like the birds, beloved, start singing God’s praises this side of the new dawn that awaits you.

‘God did not give you a spirit of fear but of power and of love and of a sound mind’ (2 Timothy 1:7 KJV). God has given you the power, through love, to live in perfect soundness of mind.
More help with Fear

Advice and Guidance

There is a wealth of support available to those experiencing the destructive effects of fear and anxiety. If fear is starting to have an impact on your health, you should seek help immediately.

Many people find it helpful to speak to someone about their situation and counselling can be a very effective way of moving forward.

Counselling help can be found through your GP or local health service. Christian counsellors can often be found through your church leader or the Association of Christian Counsellors (see below).

Useful Contacts

Ellel Ministries
A non-denominational Christian mission organisation with a vision to welcome people, teach them about the Kingdom of God and heal those in need. Through its centres Ellel serves the Body of Christ worldwide, providing retreats, courses, schools, church visits and conferences. They also offer a wide range of resources through their website.

Find out more at www.elleministries.org or call 01524 751651.

Association of Christian Counsellors
ACC describe Counselling as ‘a carefully arranged opportunity for people to talk through issues that are affecting their life, with someone trained to help.’

They can be reached at www.acc-uk.org

NHS
For help dealing with fear from a health and wellbeing perspective, visit www.nhs.uk/Conditions/stress-anxiety-depression or speak to your GP.

Further Reading
Fearless: Imagine Your Life Without Fear by Max Lucado (Thomas Nelson)

Be Not Afraid by Bob Gass (Synergy Publishers)

Do you need someone to pray with?

Call UCB Prayerline
on 0845 456 7729 (UK)*
1890 940 300 (ROI)*

Or visit ucb.co.uk/prayer

All calls treated confidentially by trained volunteers
*(Standard call charges apply, although calls from mobiles may cost you more. Check with your supplier for details.)
Your 28 Days of Change

Overcoming Fear

Your 28 Days of Change

God’s spirit is in you and...

‘He who is in you is greater than he who is in the world’

It takes time to change long-standing thought patterns, habits and behaviour. We need to keep coming before God in our brokenness and asking for His help.

The rest of this Overcoming booklet is designed to help bring you before God for the next 28 days – to learn from His wisdom in His Word and to access His healing power through prayer.

Make a decision to set aside the time each day to read and respond in prayer. Don’t worry if you miss a day or two, just pick up wherever you left off.

Keep a notebook and pen nearby to jot down anything that occurs to you while you read, or quotes that inspire you to think differently. Trust that God will speak to you personally about your healing over the coming weeks.

Remember, Jesus is on your side, willing you to succeed. Right now, He is praying to the Father on your behalf.

God’s Spirit is in you, and ‘He who is in you is greater than he who is in the world’ (1 John 4:4).

The daily readings are written by Bob and Debby Gass, authors of The UCB Word For Today, and originally appeared there first. Over a million people around the world read Bob and Debby’s warm, encouraging words each day.

You can receive a quarterly copy of The UCB Word For Today free of charge – see the back page for more details.

Overcoming Fear

1 Day

Go ahead – jump!

‘...though the righteous fall seven times, they rise again...’

Proverbs 24:16 NIV

ONE DAY a young man sat on a park bench watching a squirrel in a tree. It was aiming for a branch so high above that it looked like a leap of suicide. Suddenly it jumped, missed and landed on a branch several feet lower down. Immediately, it steadied itself and got ready to jump again.

An old man sitting on the same bench said to him, ‘Funny, I’ve seen hundreds of ‘em jump like that, even with dogs barking at them from the ground. And a lot of them miss. But I’ve never seen one get hurt trying.’ Then he added, ‘I guess they must think it’s better to take a risk than spend your whole life where you don’t want to be.’

What are you aiming for? Does it seem out of your reach? Do you have less nerve than a squirrel? Go ahead, use your faith, take the leap; God will catch you if you fall! Otherwise, where you are today is as far as you’re ever going to get. Look at Moses: an interrupted childhood, a foster family, a violent temper, a stammering tongue and a criminal record. What a résumé! He could have given up before he even started! Yet God used him to lead the greatest migration of people in the history of the world. Peter sinks trying to walk on water and denies his Lord yet he becomes head of the New Testament church. Failing does not make you a failure – quitting does. Get up and try again. Next time, with God’s help, you’ll make it!

Prayer Point

Lord, help me to overcome my fear of failure, bring me to a place where my life is in line with Your will and give me the confidence to step out in faith when I need to. When I worry about the future, help me to be bold and trust in Your promises for my life. Let the words of my mouth be uplifting and focussed on a bright future, in Jesus’ name.

Are you worried?

‘Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God’ Philippians 4:6 NAS

HAVE YOU SEEN the poster that reads, ‘Who says worry doesn’t work? Most of the things I worry about never happen!’ If you want to test your memory, try remembering what you worried about last year – or even last week! Jesus said, ‘In this world you will have trouble. But take heart! I have overcome the world’ (John 16:33 NIV). We’re not hurt so much by what happens to us as by our perception of it.

David writes, ‘Cast thy burden upon the Lord, and He shall sustain thee...’ (Psalm 55:22). Those who live worry-free are those who keep casting their burdens upon the Lord until the enemy decides there’s no point giving them that burden anymore. Trust is an attitude. Attitudes are nothing more than habits of thought and habits can be acquired.

If you want to change your attitude from worry to trust, do these six things: a) pray the right prayers; b) hang out with the right people; c) read the right books; d) speak the right words; e) listen to the right messages; f) do the right things. Is a worry-free life really possible? Yes! Listen: ‘It’s wonderful what happens when Christ displaces worry at the centre of your life’ (Philippians 4:7 TM).
Fear

Dr Mayo on worry

‘Do not fret or have any anxiety about anything...’
Philippians 4:6 AMP

DAY 3

WORRY IS LIKE A ROCKING CHAIR; it uses up all your energy but where does it get you? Leo Buscaglia writes, ‘Worry never robs tomorrow of its sorrow, it only saps today of its joy.’ He’s right! Dr Charles Mayo of the famous Mayo Clinic says, ‘There’s a growing mountain of evidence to suggest that worry is the chief contributor to depression, nervous breakdowns, high blood pressure, heart attacks, and early death. Stress kills. I’ve never known a man to die from hard work, but I’ve known a lot who died from worry.’

Mathematically speaking, it doesn’t make sense to worry. Psychologists tell us that roughly 30 per cent of what we worry about never happens; another 30 per cent has already happened; 12 per cent is about unfounded health concerns, and an additional 20 per cent involves worrying about the little things. That leaves only eight per cent. Think about that! We worry 92 per cent of the time for no good reason at all, and if Dr Mayo is right, it’s killing us.

What’s the answer? Listen: Do not worry about anything, but pray and ask God for everything you need, always giving thanks. And God’s peace, which is so great we cannot understand it, will keep your hearts and minds in Christ Jesus. Brothers and sisters, think about the things that are good and worthy of praise. Think about the things that are true and honourable and right and pure and beautiful and respected ... And the God who gives peace will be with you’ (Philippians 4:6-9 NCV). That’s God’s answer to worry!

Prayer Point

Father, I so crave peace in my life, when so much is in turmoil. Help me to meditate on Your Word today and create an oasis of peace within me. I pray that Your Holy Spirit would come and dwell in my life and slowly build up my ability to handle the pressure I feel under. You are Lord over every circumstance; I submit my life to You today. Amen.

DAY 4

Go ahead, risk it!

‘With Him on my side I’m fearless, afraid of no one and nothing’ Psalm 27:1 TM

RAY Blankenship looked out his window one morning to see a little girl being swept along in a rain-flooded drainage ditch beside his home. He knew that further downstream the ditch disappeared underneath the road and emptied into the main culvert. Nobody could survive that!

He raced along the side of the ditch trying to get ahead of the child. Finally, he hurried himself into the water. When he surfaced he was able to grab her. Two tumbled head-over-heels, and then, within three feet of the culvert, Ray’s free hand felt something protruding from the bank – a tree limb! He clung to it desperately while the force of the water kept trying to tear him and the child away. Amazingly by the time the fire department arrived, Ray had pulled her to safety.

As both were being treated for shock it was discovered just how much of a hero Ray was. Ray Blankenship couldn’t swim! Today, let your courage respond to the needs you see, not the fear you feel. Go ahead, take that risk. Reach out and meet that need. Walk through that door of opportunity. Step over your fear. God is just waiting for you to do what you can, then He’ll do for you what you can’t. But nothing happens until you make that first move!

DAY 5

Learn to let go

‘Give all your worries and cares to God, for He cares about you’ 1 Peter 5:7 NLT

TO ‘LET GO’ doesn’t mean you stop caring for them – it just means you can’t do it for them. To let go is not to cut them off, but to realise you can’t control them. To let go is not to enable, but to allow them to learn from their consequences. To let go is to admit powerlessness, which means the outcome is not in your hands and it never was.

To let go is not to try to change or blame somebody else but to make the most of yourself. To let go is not just to care for but to care about; not to fix but to be supportive; not to be in the middle arranging all the outcomes but to allow others to affect their own destinies; not to be protective but to permit them to face reality; not to deny but to accept; not to nag, scold or argue but to search out your own shortcomings and work on them; not to adjust everything to your desires but to take each day as it comes and cherish yourself in it; not to criticise or regulate others but to try to become what you dream you can be; not to regret the past but to grow and to live in the present.

The truth is, that letting go is to fear less, trust God, and love more.

Prayer Point

I really do struggle in letting go, Lord, and ask today that You help me with that. Help me focus on the negative things in my life that hold me back and teach me, Lord, how to turn those things into positives with your help. Help me be confident that You can perform miracles in and through me, that I will stand in faith and proclaim Your Lordship, in Jesus’ name.

DAY 6

Faith and the flying trapeze

‘... my hope comes from Him ... I will not be shaken’ Psalm 62:5–6 NIV

A GOOD TRAPEZE ARTIST must learn to do four things: a) launch out; b) let go; c) hold still; and d) expect to be caught. It takes practice – lots of it. What stage are you at? Are you ready to:

Stage 1: launch out! You can’t walk on water if you’re not willing to leave the boat. Faith means walking to the very edge, stepping into the unknown and being confident that when you do, God will either put solid rock under your feet or teach you to fly.

Stage 2) let go! Let go of what? Your best thinking. Your need to control either the method or the outcome. Your desire to look good or get the credit. Your stubborn ways.

Stage 3) hold still! When people say, ‘Don’t just stand there, do something’, God says, ‘Don’t just do something, stand there.’ You’ve a decision to make. You’re in a Red Sea situation. God’s spoken to you but not a soul around would believe you if you shared it. So what do you do? ‘Stand firm and you will see the deliverance of the Lord’ (Exodus 14:13 NIV). Obey God then let Him vindicate you.

Stage 4) expect to be caught! That’s what Jack Hayford meant when he wrote the song, ‘I anticipate the inevitable, supernatural intervention of God. I expect a miracle.’ David had that same confidence. Listen: ‘... my hope comes from Him ... I will not be shaken’ (Psalm 62:5–6 NIV).

The word to you today is: Launch out! Let go! Hold still! Expect to be caught!
THE GREATEST MISTAKE you can make is to be afraid of making a mistake. It's tragic when success goes to your head but even worse when failure does.

Larry Anderson, former pitcher for the San Diego Padres baseball team, liked to say, 'If at first you don't succeed, failure may be your thing.' You may smile but too many of us, fearing that failure is 'our thing', cling to whatever we feel comfortable with, even if it doesn't work.

Although we don't say it in so many words, our attitude is, 'Don't look, you might see. Don't listen, you might hear. Don't think, you might learn. Don't make a decision, you might be wrong. Don't walk, you might stumble. Don't run, you might fall. Don't live, you might die. Don't change, you might grow!'

In the 1940s, 80 per cent of all watches sold were made in Switzerland. In the late 1950s, the digital watch was presented to them but they rejected it because they already had the best watches and the best watchmakers. The man who developed it subsequently sold his idea to Seiko and the rest is history! In 1940, Swiss watch companies employed 80,000 people. Today they employ 18,000. In 1940, they made 80 per cent of all watches sold. Today they make 20 per cent – and the majority are digital! This story demonstrates what happens when an organisation or an individual chooses to die rather than change. Today pray, 'Lord, keep me open to change.'

ONE AUTUMN some Native Americans asked their new chief to predict whether the winter would be cold or mild. He didn't have a clue, so to be safe he told them to collect lots of wood. Meanwhile he called the National Weather Service. 'It'll definitely be cold,' they said. So the chief told them to collect more wood. A week later, having again called the Weather Service who confirmed their earlier forecast, he told them to gather even more wood. Two weeks later he called the Weather Bureau again and asked, 'How are you so sure it'll be a cold winter?' The weatherman replied, 'We know because the locals are collecting wood like crazy!'

Satan wants to influence your future by getting you to expect the worst. When you do, he'll provide you with the right circumstances, symptoms and opinions. He'll even supply 'experts' who'll confirm your worst fears. If you don't take hold of God's Word and rise above them you'll end up like Job, lamenting '...what I dreaded has happened to me' (NIV).

Each time you speak doubt over your future you're:

a) sowing negative seeds;

b) shaping your outlook;

c) influencing those around you;

d) contradicting the God who said, 'The plans I have for you are good' (see Jeremiah 29:11); and

e) creating a self-fulfilling prophecy.

Put ice cream and milk in a blender and you get a milkshake. Put dirt and water in and you get mud! What goes in comes out. Stop the negative projections! Start sowing seeds of faith and expect only God's best.

I pray that You keep my heart tender and open to change. As I grow old, Lord, I pray that I won't grow stubborn or unteachable, but that I am as open to Your Holy Spirit as I have ever been. Help me to believe the promises You have for me in Your Word, and show me how to agree that change might be necessary for those promises to become reality. Amen.
DURING WWII, an American professor and a British Army chaplain were imprisoned in a German POW camp; the professor on the American side and the chaplain on the British side. Since the Americans had secretly built a homemade radio the two friends would meet at the fence each day to discuss the latest news. They talked in Gaelic so that their captors didn’t understand.

When the professor heard over the radio that the Germans had surrendered three days earlier, he told his friend on the other side of the fence. Moments later a roar of celebration went up from the British barracks. When the news reached the German guards several days later, they fled leaving the gates unlocked and the British and Americans walked out together as free men.

Chuck Swindoll tells of a group of church kids who got lost on a mountain climbing expedition. The Bible says, ‘...some people have entertained angels without knowing it’ (Hebrews 13:2 NIV). ‘Are you serious? you ask. Absolutely! Even your children have guardian angels watching over them. Jesus said, “See that you do not despise one of these little ones. For I tell you that their angels in heaven always see the face of my Father in heaven” (Matthew 18:10 NIV). Paul discovered that when you go through storms, God assigns an angel to protect you. Listen: ‘Last night an angel of the God to whom I belong and whom I serve stood beside me and said, “Do not be afraid, Paul” ’ (Acts 27:23–24 NIV). Relax – God’s got you covered!

Prayer Point

Help me, Lord, live a life of faith and not a life of absolutes. Help me put my hand within Your hand and trust that what is best for me, to be free in Christ. In the times when my circumstances are overwhelming and I want to retreat back, release Your angels around me; Lord, to fight and help me break through, in Jesus’ name.

Prayer Point

Father, I acknowledge Your power and sovereignty. You are the creator of the universe and I get to speak to You one-on-one. Forgive me, Lord, when I have made any situation in life seem too big a job for You to handle. I pray today, Lord, that You will make me more than a conqueror through Christ, and I will be influential in and for Your Kingdom.

The Miracle Of

Rolling back the Red Sea happened ‘all that night.’ The morning simply revealed what God had done the night before while the Israelites were sleeping. Good news: God works the night shift! Even though you feel lost and alone He’s still on the job, even when you can’t see. It opens doors and frees you from every prison of fear. Today the Son has made you free, so start acting like it!

You’re free!
‘He has sent me ... to proclaim liberty to the captives’
Isaiah 61:1 NKJ

You’re doing it to yourself
‘Let not your heart be troubled, neither let it be afraid’
John 14:27 NKJ

Angels watching over you
‘He will command His angels concerning you to guard you in all your ways’
Psalms 91:11 NIV

All through the night
‘...and the Lord caused the sea to go back by a strong east wind all that night’
Exodus 14:21 AMP

Remember that ‘Close Call You Had? That wasn’t ‘luck’ but your angel, guarding you in ‘all your ways’.

If you’re a student at school, a young couple hard pressed financially, a divorced struggling to get back on your feet, a servant of God labouring in difficult circumstances or just lonely and in need of companionship, here are some words to help get you through till the morning: a) ‘I have been young and now I am old; yet I have not seen the righteous forsaken’ (Psalm 37:25); b) ‘weeping may endure for a night, but joy cometh [it’s on the way!] in the morning’ (Psalm 30:5) c) ‘In all these things [whatever you’re facing] we are more than conquerors through Him that loved us’ (Romans 8:37, all KJV). Be encouraged, God’s working in the dark!

DURING WWII
Overcoming Fear

**DAY 13**

You’ve got to take the first step!

‘Be strong and of good courage and do it’

1 Chronicles 28:20 NKJ

LARRY WALTERS got tired of sitting around doing nothing. So on 2 July 1982, he rigged 45 helium-filled weather balloons to a garden chair and lifted off. Armed with an air gun to shoot out a few balloons should he fly too high, he was shocked when he quickly reached 16,000 feet and he wasn’t the only one! Pilots reported seeing, ‘Some guy in a garden chair floating through the sky.’ Forty-five minutes later when he landed in Long Beach he was asked why he did it. He replied, ‘It was something I had to do. I just couldn’t sit there any longer.’

When the Prodigal Son finally got sick and tired of being sick and tired he said, ‘I will arise and go to my father ...’ (Luke 15:18). Did he have any idea how his father whose heart and whose law he’d broken would treat him? No, but he refused to sit in his pigsty another day.

When Israel came to the River Jordan, God told the priests carrying the ark to step into the water and it would dry up. But nothing happened until they took that first step! There could be a song in you that’s never been sung, a sermon that’s never been preached or a gift that’s just waiting to be released. The moment you stop holding back, the doors will open, the right people will come and the resources will be provided. But you’ve got to take that first step!

Prayer Point

Lord, help me take the first step of a life change today. Help me identify the aspects of my life that are holding me back from my full potential and overcome them, in Jesus’ name. Nurture my walk with You, Lord, that I might grow in confidence, faith and grace. I want to be a servant of Your Kingdom in all aspects of my life, Amen.

**DAY 14**

To nurture or neuter

‘Didn’t you sow good seed in your field? Where then did the weeds come from?’ “An enemy did this”…’

Matthew 13:27–28 NIV

DURING TIMES OF UPHEAVAL, the enemy will try to slip into your field and sow weeds. It could be debt or divorce, abuse or abandonment; it’s not so much what you’ve been through but what you’ve left with – terrible self-doubt. Unless you want your future to be a second helping of your past, stop nurturing what needs to die. If you don’t, it will continue to live off your strength and suck up all your joy, like the hungry mouth of a nursing child. Neuter it!

Anything that’s neutered loses its ability to a) threaten you, or b) reproduce in your life. ‘But how?’ you ask. By forgiving, ‘just as in Christ God forgave you’ (Ephesians 4:32). That means forgive and keep on forgiving until it loses its power to infect your words or influence your thoughts. God says, ‘Remember not the former things; neither consider the things which are of old. Behold I will do a new thing’ (Isaiah 43:18 KJV). God doesn’t just command this; He enables you to do it.

He says you can start again. You can nurture your problem child through this crisis or your partner through this illness and your part-time job into an executive position. The reason you can do it is ‘because the one who is in you is greater than the one who is in the world’ (1 John 4:4).

Prayer Point

Father, I know the times I have been paralysed by fear, the times when fear has stopped me from moving forward in my faith. I ask for Your help to overcome any fear in my life. I pray that my confidence in the future would not be limited by any fear it encounters. I believe that You will be there when You want me to step out in faith, in Jesus’ name.

**DAY 15**

Courage is more than a feeling

‘The Lord is with me; I will not be afraid’

Psalm 118:6 NIV

CHECK THE RECORD – anybody who ever beat the odds did it in spite of their fear! They did it because:

a) they were desperate and felt as if they’d no choice;

b) they were inspired by somebody else’s example;

c) they were angry at injustice;

d) they were moved by a need;

e) they said to themselves, ‘If not me, then whom? If not now, then when?’;

f) They didn’t think much about it at all – or they might have changed their mind.

What are you waiting for? A feeling of courage? Forget it, it doesn’t exist! You’re only courageous when you do what’s right despite your fear. Now, since every one of us feels fear, that means every one of us is capable of acting courageously. It’s a choice. Anytime you go where you’ve never been or try something you’ve never done before, fear will be present. It will always stand between you and anything worth doing. But the good news is, each time you conquer it, you feel a surge of self-respect and gain a level of confidence you never had before.

Whatever you’re facing today, listen to these words: ‘Be strong and courageous. Do not be afraid or discouraged because of [the size of the enemy], for there is a greater power with us than with him’ (2 Chronicles 32:7 paraphrased from NIV). And one more, ‘The Lord is with me; I will not be afraid. What can man do to me?’ (Psalm 118:6 NIV). What more do you need?

**DAY 16**

Believe God today!

‘... Without faith it is impossible to please God’

Hebrews 11:6 NIV

PETER DIDN’T walk on the water because Jesus lifted him out of the boat and moved his legs. No, it was only when he responded to His word that a miracle happened (See Matthew 14:26).

How do you walk on water? a) by seeing Jesus in your storm; b) by responding to what He says to you; c) by refusing to be intimidated by your surroundings; d) by doing what others in the boat are afraid to do; e) by choosing what’s possible, instead of settling for what’s rational. All God needs is something to work with, and somebody to work through and the rest, as they say, is history. The only thing that can stop God is your unbelief. Listen: And he did not do many miracles there because of their lack of faith’ (Matthew 13:58).

Since God can’t lie, fail, change or be pleased without faith, you need to make a quality commitment today to developing your own. When you do that, your life will change forever. One day on board a ferryboat, George Müller prayed, ‘Lift this fog so that I can get to church in time to speak.’ As he said ‘Amen’ and rose to his feet, the captain said in amazement, ‘Look, the fog’s lifting!’ Müller replied, ‘Just as I thought.’

Jesus said, ‘Whatever you ask for in prayer, believe that you have received it and it will be yours’ (Mark 11:24). Believe God today.
ARE YOU FEELING AFRAID TODAY? If so, listen to these words from the God who loves you beyond expression, protects you around the clock and blesses everything you put your hand to. When there seems to be no way out, He says to you, ‘Fear not: stand still [firm, confident, undismayed] and see the salvation [deliverance] of the Lord, which He will work for you today’ (Exodus 14:13 AMP).

When the problem looks too big He says to you, ‘Be strong, courageous and firm; fear not nor be in terror before them, for it is the Lord your God who goes with you; He will not fail you or forsake you’ (Deuteronomy 31:6 AMP).

When you feel that you just can’t cope any more He says to you, ‘Do not look around in terror and be dismayed, for I am your God. I will strengthen and harden you to difficulties, yes, I will help you; yes, I will hold you up and retain you with my [victorious] right hand’ (Isaiah 41:10 AMP).

When you long for peace of mind, He says to you, ‘Do not fret or have any anxiety about anything, but in every circumstance ... continue to make your wants known to God. And God’s peace ... which transcends all understanding shall garrison and mount guard over your hearts and minds’ (Philippians 4:6-7 AMP).

Now go back and read those words again and remember that God has everything under control!

STOP WORRYING about your condition and start focusing on your position! You see, your condition will never change until you understand your position. Any condition is temporary; they come and go but your position ‘in Him’ is eternal.

Paul says, ‘If anyone is in Christ, he is a new creation’ (2 Corinthians 5:17). That means you’re forgiven, redeemed, and perfected in the eyes of God – present tense! Redemption means ‘payment of ransom.’ It depicts God holding you in prison under a death sentence, because of your sin. But when He sees the blood of Jesus, all claims against you are thrown out of court; your prison door swings open and you’re free. Awesome! No matter how hard you try or how dedicated you become, you couldn’t, in 50 lifetimes, pay off your debt. Only Jesus could do that because only He could offer a life completely free from sin.

But it’s not enough to issue a declaration of emancipation – the slaves need to know about it and the last person on earth who wants them to know is the slave master. You see if you don’t know you’re free, you’ll remain in bondage in your mind and you live accordingly. So when the devil points to your condition, remind him of your position. Tell him, ‘Some areas may be under construction, but I’m still loved, accepted and approved 100 per cent by God!’

Prayer Point
Lord, I really don’t understand how You work; I don’t know all Your ways, but I do trust that You are God over everything. Your Word tells me You want to use me, even when I don’t feel worthy. Thank You, God, for Your grace toward me that often provokes me to action in spite of all my circumstances. I love You, Lord.
**Fear or trust**

*... The righteous are as bold as a lion*

Proverb 28:1 NIV

**Prayer Point**

Father, with Your help I know I can reject every negative thing spoken over me in the past, which continues to speak to me today. You want what is best for me and proclaim I am valuable to You. I do have worries and fears, Lord, but already You have overcome every potential the devil has to keep me from freedom at the cross. I trust You, Lord.

---

**Are you afraid?**

*... As they followed, they were afraid*

Mark 10:32 NKJ

Ted Engstrom tells of a guy on a cruise ship, who rescued a girl who had fallen overboard. At a party given in his honour that night, he gave the shortest ‘hero speech’ ever made. ‘Ladies and gentlemen, I just want to know one thing: Who pushed me?’ Most of us aren’t naturally courageous, are we? We need a push.

Robert Flood writes, ‘We like to think of ourselves as a mixture of Davy Crockett, John Wayne and the prophet Daniel, when the truth is we’re more like Gulliver, tied down by tiny strands of fear, real or imagined, and the result is a tragic loss of courage.’ Being a Christian doesn’t exempt you. Listen: ‘Jesus [went] before them and as they followed, they were afraid’ (Mark 10:32).

Max Lucado writes, ‘Before they were stained glass saints on the windows of cathedrals, the disciples were next door neighbours trying to make a living and raise a family. They weren’t cut from theological cloth or raised on supernatural milk. They were just an ounce more devoted than they were afraid, and as a result, they did extraordinary things.’

Some of the world’s greatest discoveries were made by people whose faith just ran ahead of their minds and overcame their fear. They knew that security and opportunity were total strangers. They understood that if it didn’t require faith then it didn’t involve God! Three hundred and sixty-five times your Bible says ‘Fear not!’ That’s one for each day. Why? Because each time you do the thing you fear most, fear loses its stronghold and as a result, you become a little stronger – and a little more dependent on God.

---

**Don’t be afraid!**

*‘Whenever I am afraid, I will trust in you.*

Psalm 56:3 NKJ

Billy Sunday said, ‘Fear knocked at my door. Faith answered. There was no one there.’ But how do I overcome this fear? By faith, and faith comes by hearing the Word of God (see Romans 10:17). Begin to feed your faith on the Scriptures and watch your fears evaporate to dust! Howard Chandler says, ‘$1 spends the first 15 minutes of every morning filling my mind with God’s Word; that way there’s no room left for worry.’

Good formula! David says, ‘When I am afraid, I will trust the promises of God.’ And you’ve got to do the same! Today, get into His Word and you’ll discover that God’s got everything under control.

---

**Prayer Point**

Help me, Lord, reflect on the promises in Your Word, which promote truth and life in my life. Remind me of the times in life, when You have been there, to build evidence that You are there today, will be there tomorrow, next week, month and year. Let me rest in the fact that I have a relationship with You, which continues to profoundly touch my life, Amen.

---

**God’s peace**

*...Do not permit yourselves to be fearful!*

John 14:27 AMP

My head is clogged with all kinds of junk and my heart is ready to break. Lord, where are You? I feel like the disciples when the storm came up and the winds and waves rocked their boat. My cry is the same as theirs: ‘Somebody go get Jesus because I’m about to drown out here!’ The storms of my life have all but sunk my boat and I can’t take much more. Prince of Peace, I need You. Father, who never slumbers nor sleeps, take charge. I need the comfort and courage that comes from Your Spirit. Speak Lord, for the wind still remembers the sound of Your voice. Let me find in You a quiet place, a place where I can pillow my head on Your breast, hear Your heartbeat and feel secure. Amen.

---

**Get the word for today delivered FREE to your door**

Go to ucb.co.uk/wftsignup Or call 0845 60 40 401

---

**Worry is something you permit:**

peace is something you pursue. Jesus said, ‘do not permit yourselves to be fearful.’ That means you can take control of what goes on in your mind. How? By doing two things:

1) By filling it with God’s Word. Not just the Word you read casually but the Word you process mentally, apply to each circumstance, and stand on in times of crisis.

2) By placing each situation into God’s hands and leaving it there with confidence. Here’s a prayer to help you do just that: ‘Lord, everything’s in a panic! Everybody wants a piece of me. There’s far too much to do and never enough hours to do it. This is not what you want to hear, right? You were probably looking for a quick formula that would make all your anxieties vanish overnight. But it doesn’t work that way. Anytime you risk, stretch, or ‘put yourself out there,’ you will experience fear. It is normal; it lets you know you are alive!’

When you are afraid, a common, both challenge you to believe that what you can’t see is about to happen. Fear will persuade you to run from something that’s not after you at all. Some of the world’s greatest discoveries were made by people whose faith just ran ahead of their minds and overcame their fear. They knew that security and opportunity were total strangers. They understood that if it didn’t require faith then it didn’t involve God! Three hundred and sixty-five times your Bible says ‘Fear not!’ That’s one for each day. Why? Because each time you do the thing you fear most, fear loses its hold over you and you become a little stronger – and a little more dependent on God.

---

**Prayer Point**

Remember me for today and remind me of the promises in Your Word, which promote truth and life in my life. Remind me of the times in life, when You have been there, to build evidence that You are there today, will be there tomorrow, next week, month and year. Let me rest in the fact that I have a relationship with You, which continues to profoundly touch my life, Amen.
PAUL HARVEY says: ‘In times like these, it’s helpful to remember that there have always been times like these.’ The question isn’t, ‘Will trouble come?’ but ‘How will I handle it when it does?’ Here’s how: ‘having done all [the crisis demands] ... stand [firmly in your place].’ What place? In Christ (see Ephesians 2:6). Can you think of a safer place to stand?

Listen: ‘We who have believed do enter into rest ...’ (Hebrews 4:3 NKJ). In times of trouble, do what God leads you to do, then relax, stand still and watch God work on your behalf (see Exodus 14:13). Go ahead and enjoy your life while God works on your problems! Too many of us have the idea that it’s wrong to enjoy ourselves when we have problems. We think that if we can’t do anything else, the least we can do is look solemn and miserable. Paul addresses this: ‘Do not [for a moment] be frightened ... for such [constancy and fearlessness] will be a clear sign ... from God’ (Philippians 1:28 AMP). This Scripture plainly lays it out; when you’re attacked, stay in peace! That tells the devil he’s defeated. He doesn’t know what to do with you when he can’t get you upset. You’ve taken one of his greatest weapons out of his hands. It also assures you of being delivered by God, because an attitude of peace and rest shows that you trust Him completely.

LISTEN: ‘...time would fail me to tell of Gideon and Barak and Samson and Jephthah, also of David and Samuel and the prophets: who through faith subdued kingdoms, worked righteousness, obtained promises, stopped the mouths of lions, quenched the violence of fire, escaped the edge of the sword, out of weakness were made strong, became valiant in battle...’ (Hebrews 11:32–34 NKJ).

Who were these people? Folks like Samson who was morally weak; like Samuel who failed at parenting; like Jephthah, a social outcast born to an unwed mother. Notice the words ‘out of weakness were made strong.’ They didn’t start out strong—they became strong! Their courage was forged in the fires of adversity. And if they can do it, by God’s grace you can too!

For reasons God never explains, He chooses to work through ordinary people like us. So He: a) places us in situations that unlock our compassion and creativity; b) connects us with those who can open the right door at just the right moment; and c) makes us a ‘solution’ wherever we go.

Does that mean you won’t encounter fear? No, many of the world’s greatest accomplishments were made by people who just decided to ‘feel the fear and do it anyway.’ They knew that opportunity and security were strangers. They understood that if it didn’t require faith, it neither pleased God nor involved Him! The truth is you’ll never discover what your life can amount to until you put it into God’s hands!

Prayer Point

When I haven’t got answers, Lord, when my faith seems weak, when I don’t know where to turn, help me stand. Let me be a pillar of strength when the attack of the enemy comes, and show me, Lord, how I can be strong, even when I feel weak, that I might overcome fear, stress and doubt and still believe You are God, and I am still Your child.

Do you need prayer?
Call UCB Prayerline on 0845 456 7729 (UK) or 1890 940 300 (ROI) or visit ucb.co.uk
DAY 25
Victorious living
‘We should go up and take possession…for we can certainly do it’ Numbers 13:30 NIV

THE TWELVE SPIES. Joshua sent into the Promised Land all saw the same thing. But ten came back saying, ‘The people who live there are powerful, and the cities are… very large… We seemed like grasshoppers in our own eyes’ (Numbers 13:28, 33).

They caused such panic that the people wanted to stone Moses, pick a new leader and go back into Egyptian slavery. Incredible! But not Caleb! He had a ‘different spirit’ (Numbers 14:24). Listen: ‘We should go up and take possession… for we can certainly do it’ (Numbers 13:30).

Years later, when Joshua was dividing the Promised Land amongst the tribes, Caleb stepped forward and said, ‘Here I am today, 85 years old!… just as vigorous… as I was then. Now give me this hill country that the Lord promised me… Then Joshua blessed Caleb… and gave him Hebron as his inheritance’ (Joshua 14:10–13).

Caleb lived the winning life because: a) he recalled the promises of God and acted on them; b) he dared to take an unpopular stand; c) he refused to quit when the pressure was on; d) he saw possibilities where others saw only problems; and e) he kept his mind young even when his body was old. Does that describe you? Listen: ‘The eyes of the Lord run to and fro throughout the whole earth, to show Himself strong on behalf of those whose heart is loyal to Him’ (2 Chronicles 16:9 NKJ). As you face continued challenges God wants to show you what He can do in you, for you, with you and through you! Will you let Him?

Prayer Point
Father, when I’m faced with unpopular decisions in life, give me the confidence to stay close to the convictions of my heart. Even if things around me are shouting out for me to compromise my stand, I pray that I will have the faith and boldness to keep my eyes focussed on You. No matter what the storms look like, I choose to believe in You.

DAY 26
Water-walkers
‘Master, if it’s really you, call me to come to you’ Matthew 14:28 TM

THE DISCIPLES were alone in their boat when the storm hit. About three o’clock in the morning they were terrified by a figure approaching them on the water. ‘Jesus spoke, “… it is I; do not be afraid.” Peter answered, “Master, if it’s really you, call me to come to you” (Matthew 14:28 TM). Let’s examine this story:

1) Water-walking isn’t just about risk; it’s about discernment. There’s a funny story about a man standing at the pier. People say, ‘Name one great deed you’ve done.’ The man replies, ‘Well, a gang of bikers were threatening a woman so I snatched them, kicked over their bikes and ripped out their nose rings.’ Impressed, Peter asks, ‘When did this happen?’ The man answers, ‘About 30 seconds ago!’ Learn to discern between God’s voice and your own impulses. God’s not looking for bungee-jumping, hang-gliding, tornado-chasers! He’s looking for wisdom and spiritual maturity.

2) Water-walkers have to leave the boat. Change places with Peter. The storm’s raging and you’re afraid. The boat’s secure and comfortable; wouldn’t want to stay there? But can’t! God designed you to do more than simply avoid failure; He designed you for faith-filled adventures with Him!

3) What’s your boat? Where do you put your faith when life gets stormy? A job? A relationship? Remember, your boat is anything that stops you from stepping out in faith to walk with Jesus. Leaving it is the scariest, most rewarding step you’ll ever take!

Prayer Point
Lord, help me find a way to stop gravitating back to thoughts of failure, even when there’s no proof that things will fail. Every time You have come through for me, it’s proof that you can do it again. Help me be confident but not arrogant in my faith, to stand and believe You are there. You will supply the need, You will solve the problem, in Jesus’ Name.

DAY 27
Relax – trust God!
‘Cast your cares on the LORD and He will sustain you’ Psalm 55:22 NIV

YOU EITHER carry the burden or let God carry it – the choice is yours! How does God sustain us? One day at a time! Remember the Israelites in the wilderness? Each day God fed them by sending manna from heaven. But like us some of them wanted to make sure they’d have enough for tomorrow (just in case God forgot). But God allowed them to collect only enough for each day. If they collected more, it rotted.

Think: worrying over the future is like trying to store up manna for tomorrow and before you know it you feel rotten (no pun intended). Your Heavenly Father wants you to give tomorrow to Him because it’s too big for you. Are you being tormented by the ‘What ifs?’ What if the money doesn’t come? What if I get hurt, seriously ill or lose my job? What if I’m lonely all my life? What if I’m not really hearing from God and make a mistake? The King James Bible calls these ‘imaginations’ (2 Corinthians 10:5 KJV). You’re imagining the worst.

Paul says, ‘cast them down’ [paraphrased], if you don’t, you’ll live in dread concerning things that haven’t happened, and probably never will, unless you create them through fear (Job 3:25). What if you reason and reason and figure it all out, then God surprises you and does something different? All that time would be wasted! Haven’t you wasted enough time worrying? Here’s an idea: what if you just relax and let God be God?

Prayer Point
Lord, help me find a way to stop gravitating back to thoughts of failure, even when there’s no proof that things will fail. Every time You have come through for me, it’s proof that you can do it again. Help me be confident but not arrogant in my faith, to stand and believe You are there. You will supply the need, You will solve the problem, in Jesus’ Name.

DAY 28
Need boldness? ‘... The righteous are as bold as a lion’ Proverb 28:1 NIV

ROSA PARKS, a committed Christian and the mother of the American Civil Rights movement, was arrested in 1955 for refusing to give up her seat on the bus to a white man. Boycotts and bloodshed followed until the Supreme Court finally ruled racial segregation unconstitutional.

In Quiet Strength, Rosa writes: ‘Knowing what must be done does away with fear. When I sat down on the bus that day, I’d no idea history was being made; I was only thinking of getting home. But I had made up my mind. After many years of being a victim of the mistreatment my people suffered, not giving up my seat – and whatever I had to face afterwards – wasn’t important. I didn’t feel any fear… I felt the Lord would give me the strength to endure whatever I had to face. It was time for someone to stand up – or in my case, sit down.’

John Knox’s epitaph reads, ‘Here lies a man who never feared the face of death.’ At Westminster Abbey in London, a memorial to Lord Lawrence says, ‘He feared man so little, because he feared God so much.’ How would you like to be remembered like that? God’s Word says, ‘... the righteous are bold as a lion.’ Even when you don’t feel very brave, always remember, courage isn’t the absence of fear – it’s the mastery of it! David says, ‘Wait on the Lord… He shall strengthen your heart’ (Psalm 27:14 NKJ). When your cause is righteous and you commit it to God, He’ll give you the boldness you need to act. Count on it.
Have you been encouraged by the readings in this book? Further daily encouragement can be found in THE WORD FOR TODAY.

Sign up to receive THE WORD FOR TODAY for FREE, four times a year, delivered directly to your door.

Fill in the form below or go to ucb.co.uk/wftsingup to sign up today.

Title ______  Forename ___________________  Surname ____________________
Address ______________________________________________________
______________________________________  Postcode  ________________
Telephone  ______________________________________________________
E-mail  _________________________________________________________
Date Of Birth _______________

To sign a friend up to receive THE WORD FOR TODAY please call 0845 60 40 401

For more help in Overcoming the giants in your life, explore the rest of the Overcoming Series on our website, www.ucb.co.uk/overcoming or call 0845 604 0401 to order a printed copy (UK only).

Overcoming Discouragement
Overcoming Temptation
Overcoming Grief and Loss
Overcoming Pride
Overcoming Spiritual Strongholds
Overcoming Addiction
Overcoming Family Issues
Overcoming Debt and Finance
Overcoming Work and Unemployment Issues
Overcoming Fear
Overcoming Anger and Resentment
Overcoming Materialism
Jesus Loves Prisoners

Please return this completed form to: United Christian Broadcasters, FREEPOST RLTX-ABUL-GRAR, Westport Road, Stoke-On-Trent, ST6 4JF.
HAVE YOU CONSIDERED LEAVING A GIFT IN YOUR WILL TO UCB?
Call on 0845 60 40 401 to request more information or visit ucb.co.uk/legacies

DO YOU NEED TO PRAY WITH SOMEONE?
Visit ucb.co.uk/prayer
Call UCB Prayerline on
0845 456 7729*
or 1890 940 300* (ROI)

*Standard call charges apply, although calls from mobiles may cost you more. Check with your supplier for details.