

OVERCOMING FEAR

Jack and Judy Hartman

Smashwords Edition

Copyright 2011 Jack and Judy Hartman

Smashwords Edition, License Notes

This ebook is licensed for your personal enjoyment only. This ebook may not be re-sold or given away to other people. If you would like to share this book with another person, please purchase an additional copy for each recipient. If you're reading this book and did not purchase it, or it was not purchased for your use only, then please return to Smashwords.com and purchase your own copy. Thank you for respecting the hard work of this author.

~

Read what people are saying about publications from Lamplight Ministries

Jack and Judy Hartman have written over twenty books that have been sold or distributed around the world. You are invited to take a look at the impact Lamplight Ministries has had and continues to have on people who have read the books. Visit lamplight.net to read these incredible testimonies.

Dedication

We dedicate this book to our six beloved children, Mike, Dave, Brad, Melissa, Joel and John; our four daughters-in-law, Tammy, Angie, Teresa and Wanjiku; our one son-in-law, Paul; and our eleven grandchildren, Jessica, Joy, Ben, Jordan, Jonathan, Melvin, Jakob, Peter, Breanna, Nathan and John David. We love you very much and we thank God for each of you.

~

We each began studying the Bible in the *King James Version*. If we could write this entire book with the *King James Version*, we would. However, we want to present the reader with the best possible explanation of each verse of Scripture.

We have reviewed each verse of Scripture in this book to prayerfully select the Bible version that we believe will help you to best understand what God is saying to you. In some cases we have used *The New International Version* (NIV) when we believe the language in this particular passage of Scripture will give you more comprehension. In other cases we have used *The Amplified Bible* (AMP) when we believe the amplification will explain more to you.

The *King James Version* (KJV) of the Bible received its name from King James who was the king of England from 1603 to 1625. King James is considered to have been one of the most intellectual and learned kings in the history of Great Britain. He is primarily remembered for authorizing the production of the King James Version of the Bible. This English translation from Greek and Hebrew is the most printed book in the history of the world with more than one billion copies in print.

The *New International Version* (NIV) is the result of the study of a group of approximately one hundred Hebrew and Greek scholars representing more than twenty denominations. This team of scholars devoted ten years to complete the NIV translation. The goal of this committee was to faithfully translate the original Greek, Hebrew and Aramaic biblical text into clearly understandable English. The NIV is the most widely purchased contemporary Bible today.

The *Amplified Bible* is the result of the study of a group of Bible scholars who spent a total of more than twenty thousand hours amplifying the Bible. They believe that traditional word-by-word translation often fails to reveal the shades of meaning that are part of the original Greek, Hebrew and Aramaic biblical texts.

Any amplification of the original text uses brackets for words that clarify the meaning and parentheses for words that contain additional phrases included in the original language. Through this amplification the reader will gain a better understanding of what Hebrew and Greek listeners instinctively understood.

Scripture quotations marked (KJV) are taken from the *King James Version* of the Bible.

Scripture quotations marked (NIV) are taken from *The Holy Bible, New International Version*, copyright 1973, 1978, 1984 by International Bible Society. Used by permission of Zondervan Publishing House.

Scripture quotations marked (AMP) are taken from *The Amplified Bible, Old Testament*, copyright 1965, 1987 by the Zondervan Corporation, Grand Rapids Michigan, or *The Amplified Bible, New Testament*, copyright 1954, 1958, 1987 by the Lockman Foundation, LaHabra, California. Used by permission.

TABLE OF CONTENTS

Introduction

- 1. Why Should You Learn How to Be Set Free from Fear?**
- 2. Where Does the Spirit of Fear Originate?**
- 3. Jesus Christ Won a Total Victory over Satan**
- 4. Overcoming Fear as You Grow Older**
- 5. Stay Healthy by Partaking of God's Spiritual Medicine**
- 6. God Does Not Want You to Be Afraid of Death**
- 7. God Promises to Give You Supernatural Strength**
- 8. Meditate Day and Night on the Word of God**
- 9. Fill Your Heart with the Word of God**
- 10. Effective Scripture Meditation**
- 11. Consistently Say What God Says**
- 12. God's Power is Much Greater Than Any Problem**
- 13. God is with You at All Times**
- 14. God Lives in Your Heart**
- 15. Overcome Fear Because You Have Absolute Faith in God**
- 16. Persevere in Your Faith in God**
- 17. God Will Protect You and Supply Everything You Need**
- 18. Focus Continually on God**
- 19. Receive God's Perfect Peace**
- 20. Give Your Problems to God and Leave Them with Him**

- [21. Trust God Completely](#)
- [22. Perfect Love Overcomes Fear](#)
- [23. God's Unconditional Love for You](#)
- [24. Your Love for Other People](#)
- [25. Your Love for God](#)
- [26. God Does Not Want You to Be Proud and Self-Confident](#)
- [27. Surrender Control of Your Life](#)
- [28. God Does Not Want You to Worry about the Future](#)
- [29. Fear Comes from an Unbelieving Heart](#)
- [Conclusion](#)
- [Appendix](#)
- [Study Guide](#)

Introduction

We have spent hundreds of hours studying the Bible to find God's specific instructions for overcoming fear and His promises to deliver you from fear. God has made full provision to set you free from all of your fears. The psalmist David explained this scriptural truth when he said, "I sought (inquired of) the Lord and required Him [of necessity and on the authority of His Word], and He heard me, and delivered me from all my fears." (Psalm 34:4 AMP)

This verse says that the Lord delivered David from all of his fears. If God delivered David from all of his fears, you can be certain that He also desires to deliver you from all of your fears. "...God shows no partiality and is no respecter of persons." (Acts 10:34 AMP)

You must be willing to learn God's instructions for overcoming fear. You must be willing to faithfully obey these instructions. You must learn how to have deep, strong and unwavering faith that God will deliver you from all fear in your life. Every principle in this book is based upon the Word of God. We pray that the scriptural information and explanation in the following chapters will set you completely free from all fear.

As you read this book you will see that we use *The Amplified Bible* more than other versions. We have found that this version of the Bible often provides valuable additional knowledge that is not found in other versions of the Bible. We have compared each verse of

Scripture with the *King James Version*, the *New International Version* and *The Amplified Bible*. We then use whatever version enables us to best describe whatever principle we are explaining.

You will see that the verses from *The Amplified Bible* contain additional information that is contained within parentheses or brackets. This amplification from the original Hebrew and Greek often will give you greater understanding of some passages of Scripture.

We recommend that you highlight or underline all scriptural truths that are meaningful to you as you read this book. Make notes in the margins and at the top and bottom of each page on scriptural truths that you desire to retain.

If you decide to highlight or underline verses that are meaningful to you and to write notes in the margins, you will be studying the Bible. You then will be prepared for Scripture meditation.

God has instructed you to renew your mind by studying the Bible daily (see II Corinthians 4:16 and Ephesians 4:22-23). God also has instructed you to meditate day and night on His Word (see Joshua 1:8 and Psalm 1:2-3).

By highlighting or underlining and making personal notes as you study this Scripture, you will tailor-make this book for yourself. You will know exactly where to go to meditate so that you will be set free from all fear. You will have everything that you need from God's Word right in front of you to guide you to overcome fear.

We know that there is some repetition in this book and that portions overlap with what we have written in other books. Our model is the Bible. God's Word is filled with repetition because God often emphasizes through repetition. There is a great deal of overlapping in the Bible. Many times a passage of Scripture in one Book of the Bible is identical to or very similar to Scripture from another Book of the Bible.

Our goal is to give you hundreds of specific instructions from God's Word that will help you to overcome fear. We will explain in subsequent chapters why we believe that difficult times are coming upon the world. If there ever has been a time to learn how to overcome fear, we live in that time.

Our prayer is that the scriptural contents of this book and our explanation of the Scripture will help you to overcome fear. Please let us know if we have had a part in equipping you to walk in victory over fear. We will look forward to hearing from you.

Chapter 1

Why Should You Learn How to Be Set Free from Fear?

Some people are born with more of a fearful nature than others. People who have never been afraid do not feel the need to read a book that explains how to be set free from fear.

The primary reason that most people are afraid is that they face seemingly severe adversity. You will be tempted to succumb to fear if you face a catastrophe such as a diagnosis of terminal illness, severe economic problems, a powerful hurricane, earthquake or other catastrophe.

Some people in every country experience individual problems that cause them to be afraid, regardless of the overall affluence in this country. Even though fear is not widespread in many relatively prosperous countries at this time, we will give you a scriptural explanation that will show you why we believe that fear will increase significantly in the foreseeable future. For now we want to explain why some individuals in countries where widespread fear does not exist are experiencing great fear in their personal lives today.

One reason why many people are afraid today is that they were brought up in an atmosphere of fear when they were children. There is no question that being a teenager today is much more difficult than when we were teenagers.

Many teenagers today cope with severe problems that are caused by drugs, alcohol, violence, sexual temptation and other challenges that are much more conducive to inducing fear than when we were teenagers. Teenage suicide is a major problem today. Teenage suicide was virtually unheard of when we were teenagers. We are writing this book to help to prevent suicide.

Fear is highly contagious. Fear is a major problem in the lives of many people who were consistently exposed to fearful people when they were young and impressionable children. Ideally, all children should be brought up in a Christian home where they are trained in the ways of God (see Proverbs 22:6). Children who were raised this way are much less likely to be afraid.

I (Jack) can tell you from personal experience about the significant fear that I experienced when I was a child. My father was an alcoholic when I was growing up. I experienced a great deal of fear because of the things that he said and did when I was a child. My father, speaking

under the influence of alcohol, often told me emphatically that I was no good and that I would never amount to anything.

More than sixty-five years have passed, but I still can remember how fearful I was when I was a child. I was very sensitive and withdrawn. When other children talked about good times in their lives, I often withdrew because I knew that I would be going home to be told that I was no good and that I would not amount to anything.

Our senior class yearbook contained categories such as Most Popular and Most Likely to Succeed. My name and my picture were in this yearbook under the category of Most Bashful. I was perceived to be bashful because I was afraid.

I want to say now that my father was set free from the influence of alcohol in later years. We enjoyed an excellent relationship during the final years of his life. Nevertheless, the seeds of fear that were sown during my childhood years had far-reaching consequences.

I paid most of my college expenses by working my way through college. I often experienced manifestation of my childhood fears during my college years, when I served in the United States army and when I went into the business world.

When I became self-employed at the age of twenty-eight, I was a workaholic for many years because of fear of failure. Even though our business became quite successful in the early years, the fear of failure still drove me. Many of my words and actions were motivated by fear.

I borrowed a great deal of money to build this business. We did very well for several years, but I finally faced significant problems because I owed so much money. I clearly remember the fear that pervaded my life at that time.

Our debt load grew to the point where our business was no longer successful. My repayment schedule to creditors was more than my annual income. I faced bankruptcy and business failure.

Bankruptcy at that time was not as common as it is today. I was paralyzed with fear. All I could think of was losing our home and the business that I had worked so hard to build. I often woke up at night and paced the floor. I could not sleep because I was afraid.

I read many secular books that explained how to be successful. These books helped me to some degree, but I since have come to understand that the material I was reading could not provide permanent help in overcoming fear. I was unable to overcome fear because there was no

solid scriptural foundation to these books. I was about to learn that only the resurrection power of Jesus Christ can overcome fear.

A man from Oklahoma led me to Jesus Christ when I was forty-three years old. This man told me that every word in the Bible is inspired by God. I can clearly remember him saying, “You will never get out of this mess you are in unless you saturate yourself in the Word of God.”

I bought a Bible the next day. I immediately began to study and meditate on Scripture. During this time I learned and applied many scriptural principles that helped me to overcome the fear that had pervaded my life for many years.

I began to teach a class on faith in God. This Bible study that began in the conference room of our office grew in less than two years from eight people to more than three hundred people coming every Tuesday night. This Bible study group then grew into a church with more than one thousand people attending each Sunday. I was not the pastor, but I continued to teach the Tuesday night Bible study for many years.

I learned and applied many scriptural principles to our business. This business that seemed to be doomed to bankruptcy did not fail. Today, thirty-six years later, this business is prospering under the leadership of Ed Hiers who once was my partner. Ed took over sole leadership of the business when I moved to Florida. At the age of seventy-nine I still have selected telephone appointments with people in New England who are associated with this business.

I then began to write Christian books. I wrote my first Christian book at the age of fifty-two. This book that you are reading is the twenty-second Christian book that I have written or co-authored with my wife, Judy.

The basis for all of these books is the absolute necessity to know God and to learn and obey God’s instructions in the Bible and to learn and have absolute faith in God’s promises. By God’s grace we have been able to share the scriptural principles that we have learned with people from more than thirty countries.

So far we have discussed two causes of fear. Fear often is prevalent when people face adversity that they cannot overcome with their limited human abilities. We also have explained in some detail the effect that fear can have in the lives of people who became fearful when they were children. We now are ready to explain why we believe that fear will increase greatly in the lives of many people in the not-too-distant future.

One example of widespread fear occurred during the severe economic depression that took place in the United States from 1929 to 1938. I (Jack) was a child during the years of this depression, but I can remember the fear in our home that was caused by frequent discussion about the economic problems we faced. Fear became so rampant during this time of economic calamity that many people committed suicide because of the financial problems they had.

In the years since then we have experienced various economic recessions, but none of these recessions has been as severe as the Depression of 1929. The world is experiencing an economic recession as this book is written. At this time the worldwide economy seems to be improving. However, there still is a definite possibility of worldwide economic problems. Fear will sweep throughout the world if the current economic concerns become much worse.

We saw another example of widespread fear after the terrorist attacks on the United States on September 11, 2001. These attacks were completely unexpected. Fear swept through the United States and other countries at that time. Church attendance skyrocketed for three or four months, but in the first quarter of 2002 church attendance reverted back to approximately where it was before the terrorist attacks.

We are living in an era that is very conducive to fear becoming widespread. The news media is much more prolific now than ever before. Bad news can be disseminated very rapidly. We believe that many Christians in the foreseeable future will need to turn away from the world to learn and obey scriptural instructions on overcoming fear.

Most Christian leaders believe that our generation lives in the last days before the return of Jesus Christ. The Bible explains that very difficult times will be coming upon the world in the last days. "...in the last days will come (set in) perilous times of great stress and trouble [hard to deal with and hard to bear]." (II Timothy 3:1 AMP)

We will not attempt to give a detailed teaching in this book on the last days before Jesus Christ returns. If you would like to learn scriptural information on this topic, we recommend our book *What Does God Say?*. This book contains 1,221 verses of Scripture on 94 topics, including the last days and the second coming of Jesus Christ.

We do want to give you a few verses of Scripture that will explain that fear will sweep throughout the world during the last days before Jesus Christ returns. Jesus explained this fear when He spoke of people who will be "...swooning away or expiring with fear and dread and apprehension and expectation of the things that are coming on the world..." (Luke 21:26 AMP)

Jesus said that people will faint and even die because of the fear and dread that will sweep through the world during the time before He returns for His church. God emphasizes the absolute necessity of obeying His instructions during these difficult times. “When you are in tribulation and all these things come upon you, in the latter days you will turn to the Lord your God and be obedient to His voice. For the Lord your God is a merciful God; He will not fail you or destroy you...” (Deuteronomy 4:30-31 AMP)

God will not fail you if you learn and obey His specific instructions. He wants you to be completely set free from fear when Jesus returns. “...be eager to be found by Him [at His coming] without spot or blemish and at peace [in serene confidence, free from fears and agitating passions and moral conflicts].” (II Peter 3:14 AMP)

The words “in serene confidence” and “free from fears” in the amplification of this verse assure you that you can be set completely free from the fear that will prevail in the world. No one can predict when difficult times will come upon the world. If you will study the Scripture references pertaining to the last days in *What Does God Say?*, you will see that many of the warning signs already are prevalent.

Many unbelievers have little or no interest in what the Bible teaches about overcoming fear or anything else. “...the natural, nonspiritual man does not accept or welcome or admit into his heart the gifts and teachings and revelations of the Spirit of God, for they are folly (meaningless nonsense) to him; and he is incapable of knowing them [of progressively recognizing, understanding, and becoming better acquainted with them] because they are spiritually discerned and estimated and appreciated.” (I Corinthians 2:14 AMP)

The amplification of this verse explains that many unbelievers look at the teachings of the Bible as “meaningless nonsense.” The Bible might as well be written in a foreign language as far as these people are concerned.

These unbelievers are “incapable” of understanding the Bible. We believe that many unbelievers will face very difficult times in the future. In addition to suffering on earth, they also will suffer in hell throughout eternity if they have not received Jesus Christ as their Savior (see the Appendix at the end of this book).

Many religious people who attend church primarily out of a sense of duty will live eternally in heaven if they truly have received Jesus Christ as their Savior. However, we believe that many Christians will face very difficult times during the years ahead if they do not pay the

price of consistently learning and obeying God's specific instructions that will enable them to be set free from fear.

Some Christians in North America are gospel-hardened. They listen one or more times each week to their pastor or other leaders teach or preach from the Word of God. They have no concept of what the Bible says about their individual responsibility to renew their minds by studying the Bible every day (see I Corinthians 4:16 and Ephesians 4:23) and to meditate day and night on the holy Scriptures (see Joshua 1:8 and Psalm 1:2-3).

Your Father does not want you to be afraid. Dr. Finis Dake, the author of Dake's Annotated Reference Bible, devoted many years to researching the Bible. He carefully studied the number of times that the Bible instructs us not to be afraid. Dr. Dake said that God has stated 366 times in His Word that He does not want you to be afraid.

God always emphasizes through repetition. Can you imagine God placing greater emphasis on anything than He did by telling you 366 times that you should not be afraid? This book is filled with hundreds of scriptural instructions and promises that will show you exactly what your Father instructs you to do to be set free from fear in your life.

Chapter 2

Where Does the Spirit of Fear Originate?

In Chapter 1 we discussed different sources of fear. In this chapter we will look into God's Word to study another source of fear – Satan and his demons. "...God hath not given us the spirit of fear; but of power, and of love, and of a sound mind." (II Timothy 1:7 KJV)

The words "the spirit of fear" in this verse are very important. This verse shows you that fear can have a spiritual source. If God did not give us the spirit of fear, the only other possible spiritual source is Satan.

There is no question that Satan does want you to be afraid. You have seen that God has told you more than three hundred times that you should not be afraid. Satan always wants the opposite of what God wants. If God feels this strongly about not being afraid, you can be certain that Satan and his demons will do everything they can to attempt to influence you to be afraid.

The Barna Group is a research firm that surveys the beliefs of both Christians and unbelievers on biblical topics. A recent Barna Survey of 1,871 self-described Christians showed that 47% of these people believe that Satan is an evil symbol, not a living entity.

The results of this survey are shocking. Even though the Bible says more than fifty times that Satan is a living being, almost 50% of these people who say they are Christians do not believe that Satan is who the Bible says he is.

Even though the Bible instructs Christians to resist Satan (see James 4:7) and to stand firmly in faith against Satan (see I Peter 5:8-9), almost 50% of the self-described Christians in this survey apparently do not obey these instructions from God. Dr. George Barna, the founder of the Barna Group, said, "Hollywood has made evil accessible and tame, making Satan and demons less worrisome than the Bible suggests they really are. It is hard for achievement-driven, self-reliant, independent people to believe that their lives can be impacted by unseen forces."

Ignorance is one of Satan's most effective tools. Satan does not want you to realize that he is real and that the atmosphere around you is filled with multitudes of God's angels and Satan's demons. Satan does not want you to believe that his demons can influence you to be afraid.

God created Adam and placed him in the Garden of Eden. God told Adam that he should not eat fruit from a specific tree. "...the Lord God commanded the man, saying, You may freely eat of every tree of the garden; but of the tree of the knowledge of good and evil and blessing and calamity you shall not eat, for in the day that you eat of it you shall surely die." (Genesis 2:16-17 AMP)

God was very specific in His command to Adam. God created Eve to be Adam's wife soon after He made this statement. Satan immediately attempted to influence Eve. "...the serpent was more subtle and crafty than any living creature of the field which the Lord God had made. And he [Satan] said to the woman, Can it really be that God has said, You shall not eat from every tree of the garden? (Genesis 3:1 AMP)

This verse of Scripture refers to Satan when it speaks of "the serpent." You are told that Satan is more subtle and crafty than any human being. Satan and his demons are very clever. You can see by this verse that Satan definitely was able to influence Eve.

Eve's reply indicated that she fully understood God's instructions about not eating forbidden fruit. "And the woman said to the serpent, We may eat the fruit from the trees of the

garden, except the fruit from the tree which is in the middle of the garden. God has said, You shall not eat of it, neither shall you touch it, lest you die.” (Genesis 3:2-3 AMP)

Satan immediately attempted to influence Eve to disobey God. “...the serpent said to the woman, You shall not surely die, for God knows that in the day you eat of it your eyes will be opened, and you will be like God, knowing the difference between good and evil and blessing and calamity.” (Genesis 3:4-5 AMP)

Satan was a liar then. Satan is a liar today. All lies come from Satan. Jesus Christ explained this spiritual truth when He said, “...there is no truth in him. When he speaks a falsehood, he speaks what is natural to him, for he is a liar [himself] and the father of lies and of all that is false.” (John 8:44 AMP)

Satan was successful in his attempt to deceive Eve. Ultimately this deception was passed on from Eve to Adam who also disobeyed God’s command. “When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it.” (Genesis 3:6 NIV)

There is no question that Satan was able to influence Eve. You must understand that Satan and his demons also will try to influence you to be afraid and in other ways. The apostle Paul knew that Satan is very clever. He told the Corinthians, “...I am afraid that just as Eve was deceived by the serpent’s cunning, your minds may somehow be led astray from your sincere and pure devotion to Christ.” (II Corinthians 11:3 NIV)

The Bible contains another example of Satan being able to influence a person to do his will by putting the thought of betraying Jesus into the mind and heart of Judas Iscariot. “...Satan having already put the thought of betraying Jesus in the heart of Judas Iscariot...” (John 13:2 AMP)

Did you even wonder why a disciple who saw Jesus perform so many miracles would decide to betray Him? Satan wanted Jesus to be betrayed. Satan was able to accomplish this goal by subtly placing this thought into the mind and heart of Judas.

Satan was able to influence Eve. Satan was able to influence Judas Iscariot. You must understand that Satan’s demons will try to influence you to be afraid.

We know that many people who are reading this book do not understand how Satan and his demons operate. Satan and his demons do not want you to know what they try to do and how

they try to accomplish their goals. God said, “My people are destroyed for lack of knowledge...” (Hosea 4:6 KJV)

The words “My people” in this verse are very important. God was speaking of the Israelites here. This statement also applies to every person who has received Jesus Christ as his or her Savior. Satan wants to deceive every person who is a member of the family of God. “...ye are all the children of God by faith in Christ Jesus.” (Galatians 3:26 KJV)

If you have received Jesus as your Savior, God is your Father. You are His beloved child. Satan and his demons hate you. They will do everything they can to destroy you in any way they can. Jesus explained this spiritual truth when He said, “...The thief comes only to steal and kill and destroy...” (John 10:10 NIV)

The word “thief” in this verse refers to Satan. Satan and his demons want to steal from you. They want to kill you. They want to destroy you. One of the most effective ways that they can accomplish these goals is through ignorance of their existence and their methods of operation.

Satan once was an archangel in heaven named Lucifer. Lucifer was proud and selfish. He attempted to elevate himself above God. God cast Lucifer out of heaven. “How art thou fallen from heaven, O Lucifer, son of the morning! how art thou cut down to the ground, which didst weaken the nations! For thou hast said in thine heart, I will ascend into heaven, I will exalt my throne above the stars of God: I will sit also upon the mount of the congregation, in the sides of the north: I will ascend above the heights of the clouds; I will be like the most High. Yet thou shalt be brought down to hell, to the sides of the pit.” (Isaiah 14:12-15 KJV)

Many angels in heaven attempted to follow after Lucifer when he tried to exalt himself above God. These angels also were cast out of heaven. “...the great dragon was cast out, that old serpent, called the Devil, and Satan, which deceiveth the whole world: he was cast out into the earth, and his angels were cast out with him.” (Revelation 12:9 KJV)

Please note the words “which deceiveth the whole world” in this verse. Satan was thrown out of heaven into the world. He is assisted by a multitude of fallen angels who are called demons.

We pray that you will understand that Satan and his demons are real. They have been deceiving people for thousands of years. They are extremely effective at what they do. In this

book we will show you exactly what God instructs you to do to resist Satan and his demons from deceiving you.

God is omnipresent. He can be in an infinite number of places at the same time. Satan is not omnipresent. He cannot influence large numbers of people at one time. The only way that he can get his work done throughout the world is by working through demons.

Sometimes we will use the word “Satan” when we actually are referring to Satan’s demons. We do not want to keep repeating the words “Satan’s demons” every time. Satan can only be in one place at a time.

You have seen that Satan and his demons are real and that they definitely have the ability to influence people. We now are ready to look into God’s Word to learn about Satan’s attempts to deceive the world today.

The Bible refers to Satan as the god of this world (see II Corinthians 4:4). Satan and his demons are running rampant in these last days before Jesus Christ returns. “...the whole world is under the control of the evil one...” (I John 5:19 NIV)

Any discerning person can see the increasing influence of evil upon the world by comparing what the world is like today with what it was just a few short years ago. Your daily newspaper is filled with reports that indicate the increasing evil influence of Satan upon the world. Radio, television and internet news reports are filled with information that reflect Satan’s evil influence.

Satan and his demons know that they will suffer throughout eternity when they are cast into the lake of fire which also is called hell (see Revelation 20:10). The lake of fire was created for Satan and his demons. Jesus spoke of “...the eternal fire prepared for the devil and his angels.” (Matthew 25:41 NIV)

Satan and his demons know that we live in the last days before Jesus returns. Their time is short. They are terrified of their eternal future. They will do everything they can to influence you in very way that they can to live in a way that denies God’s instructions in the Bible.

If you have received Jesus Christ as your Savior, you can be assured that you will live eternally in the glory of heaven instead of suffering throughout eternity in the lake of fire. If you are not certain that Jesus is your Savior, stop now and turn to the Appendix at the end of this book.

The Scripture in this Appendix clearly explains your need for eternal salvation through Jesus Christ. You will receive specific scriptural instructions that explain exactly what God instructs you to do to receive Jesus Christ as your Savior so that you will live throughout eternity with Him in the glory of heaven.

Satan and his demons hate Christians. They will do everything they can to steal from, kill and destroy Christians. One of the most effective ways that they can accomplish this goal is through the spirit of fear.

Chapter 3

Jesus Christ Won a Total Victory over Satan

If Jesus Christ is your Savior, you can be certain that Jesus has destroyed Satan's ability to influence you through fear or in any other way. "...For this purpose the Son of God was manifested, that he might destroy the works of the devil." (I John 3:8 KJV)

Jesus was sent to earth to destroy the work of Satan. Jesus accomplished this goal when He died on the cross at Calvary and rose from the dead. Jesus gave every person who has received Him as Savior total and complete authority over Satan and his demons in every area, including fearful thoughts. The Bible says that Jesus "...is the Head of all rule and authority [of every angelic principality and power]." (Colossians 2:10 AMP)

The words "all" and "every" in this verse of Scripture and the amplification clearly indicate the totality of the victory that Jesus won for you. You do not have to be influenced by Satan's demons to be afraid. "...the Lord is faithful, and He will strengthen [you] and set you on a firm foundation and guard you from the evil [one]." (II Thessalonians 3:3 AMP)

Jesus was crucified to set you free from fear. You must not allow the tremendous price that He paid to go in vain. Jesus said, "...I saw Satan falling like a lightning [flash] from heaven. Behold! I have given you authority and power to trample upon serpents and scorpions, and [physical and mental strength and ability] over all the power that the enemy [possesses]; and nothing shall in any way harm you." (Luke 10:18-19 AMP)

Jesus has given you the authority and power to put Satan and his demons under your feet in the spiritual realm and to keep them there. Christians have been given authority over all of the power that Satan possesses. Satan cannot harm you if you know how to successfully resist him.

“In righteousness shalt thou be established: thou shalt be far from oppression; for thou shalt not fear: and from terror; for it shall not come near thee.” (Isaiah 54:14 KJV)

If Jesus Christ is your Savior, you are righteous before God because Jesus has paid the full price for all of your sins. He has set you free from fear. You must not allow Satan’s demons to influence you to be afraid. “Leave no [such] room or foothold for the devil [give no opportunity to him].” (Ephesians 4:27 AMP)

This verse refers to giving Satan a foothold in your life by influencing you to be angry. This same principle applies to giving Satan’s demons the opportunity to influence you to be afraid. You must not allow Satan to steal the victory that Jesus has given to you.

When Satan and his demons attempt to influence you in any way, you can resist them by knowing what God’s Word instructs you to do and obeying these specific instructions. “Submit yourselves therefore to God. Resist the devil, and he will flee from you.” (James 4:7 KJV)

Submitting yourself to God means that you do exactly what His Word instructs you to do. If you faithfully obey God and submit to Him, the devil will run away. Satan’s demons cannot influence you with the spirit of fear or in any other way.

You cannot fight spiritual battles with human weapons. You must know exactly how to resist Satan. “...our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.” (Ephesians 6:12 NIV)

You are not attempting to resist a flesh-and-blood opponent when Satan tries to influence you to be afraid. You are resisting the spiritual influence of Satan and his demons. You cannot win this battle in the natural realm. Satan is the god of this world. He operates in the natural realm. He wants you to remain in the natural realm.

God has made provision for you to live in the spiritual realm and to walk in the victory that Jesus Christ won for you. You cannot fight the spirit of fear with human logic and reason. You can only fight Satan and his demons with the spiritual weapons that God has provided for you.

Satan and his demons know that they will win every time if you remain in the natural realm. “For though we walk (live) in the flesh, we are not carrying on our warfare according to the flesh and using mere human weapons. For the weapons of our warfare are not physical

[weapons of flesh and blood], but they are mighty before God for the overthrow and destruction of strongholds” (II Corinthians 10:3-4 AMP)

You must resist the attempts of Satan’s demons to influence you to be afraid, but you must resist this influence in obedience to God’s specific instructions in regard to doing battle with the devil. “...be vigilant and cautious at all times; for that enemy of yours, the devil, roams around like a lion roaring [in fierce hunger], seeking someone to seize upon and devour. Withstand him; be firm in faith [against his onset—rooted, established, strong, immovable, and determined], knowing that the same (identical) sufferings are appointed to your brotherhood (the whole body of Christians) throughout the world.” (I Peter 5:8-9 AMP)

You can resist the influence of Satan’s demons if you have absolute faith in God. If you faithfully renew your mind by studying God’s Word each day and if you obey God’s instructions to meditate day and night on His Word, your mind and your heart will be filled with God’s supernatural living Word. “He shall not be afraid of evil tidings; his heart is firmly fixed, trusting (leaning on and being confident) in the Lord. His heart is established and steady, he will not be afraid while he waits to see his desire established upon his adversaries.” (Psalm 112:7-8 AMP)

This passage of Scripture tells you how to resist fear. You will not be influenced by bad news in the world if your heart is filled with God’s Word. You will not allow Satan to influence you to be fearful.

You cannot stop Satan’s demons from trying to influence you to be afraid, but you can control your reaction to Satan’s attempts to influence you. You will not be influenced if your mind and your heart are filled with spiritual truth from God’s Word.

Absolutely refuse to focus on what Satan is trying to put into your mind, what the news media is saying or whatever circumstances you face. Instead of focusing on the bad news of the world you should focus continually on the good news of God’s Word. “...the Word of God is [always] abiding in you (in your hearts), and you have been victorious over the wicked one.” (I John 2:14 AMP)

If your heart is filled to overflowing with the supernatural living Word of God, you will walk in the victory that Jesus Christ won over Satan. Satan and his demons do not want to hear you boldly speaking the Word of God in response to their attempts to bring fear into your life.

If your heart is filled with God's Word because you have meditated on it day and night, you will speak God's Word faithfully when Satan's demons attempt to influence you in any way. You will consistently focus on God and the supernatural promises He has made to you.

Make Satan's demons listen to your mouth boldly speaking the Word of God. Jesus shed His blood for you at Calvary so that you do not have to accept anything that Satan tries to do to you. "They overcame him by the blood of the Lamb and by the word of their testimony..." (Revelation 12:11 NIV)

Satan and his demons listen carefully to the words that you speak. They are exuberant if they can discern by the words that you speak that they have been successful in attempting to influence you to be afraid.

God and His angels in the atmosphere around you are waiting to act upon His Word. You will walk in the victory that Jesus won for you if you consistently activate God's mighty angels to work on your behalf by boldly speaking God's Word (see Psalm 103:20).

Refuse to be dominated by a spirit of fear. Fight back. You do not fight with guns or explosives or other worldly weapons. You fight battles in the spiritual realm with your mouth.

If you have faithfully meditated day and night on God's Word over a period of months and years, your heart will be filled with God's supernatural living Word. The abundance of God's Word in your heart will pour out of your mouth (see Matthew 12:34-35).

You will walk in victory over Satan and his demons if you boldly speak the Word of God when they are trying to influence you in any way. You will be like the psalmist David who said, "...by the word of thy lips I have kept me from the paths of the destroyer" (Psalm 17:4 KJV)

You accomplish two goals when you boldly speak the Word of God. You stop Satan's demons from doing what they are trying to do. Your faith in God will increase if your ears hear your mouth consistently speaking the Word of God (see Romans 10:17).

Fear comes from hearing the words of Satan and the bad news of the world. Faith comes from hearing the good news of the Word of God. You decide the words that will come out of your mouth throughout every day of your life.

When Satan's demons try to influence you in any way, speak the Word of God boldly to them in the name of Jesus Christ. Devils tremble at the mighty name of Jesus. "...whatever you do [no matter what it is] in word or deed, do everything in the name of the Lord Jesus..." (Colossians 3:17 AMP)

The name of Jesus Christ represents Jesus Himself. Your Father has instructed you to depend completely on Jesus. If you understand the immense power of His name, you will speak His name boldly. You will not allow Satan's demons to cause you to be afraid. You will be like the psalmist David who said, "...my tongue shall talk of Your righteousness, rightness, and justice, and of [my reasons for] Your praise all the day long." (Psalm 35:28 AMP)

Make Satan listen to God's Word. Make Satan listen to you praising God in the face of adversity. Make Satan listen to you boldly speaking the name of Jesus.

The last two chapters have been filled with truth from God's Word about the total, complete and absolute authority that Jesus Christ has given to you. If you faithfully obey the scriptural instructions in these chapters, Satan and his demons will not be able to influence you to be afraid.

Chapter 4

Overcoming Fear as You Grow Older

You have seen that fear comes as a reaction to the circumstances that people face individually, nationally or internationally. You have seen that fear obtains a foothold in the lives of some people during their highly impressionable childhood years. You have seen that the Bible speaks of the spirit of fear and that Satan's demons have been successful in influencing billions of people for many years.

In this chapter we will look into God's Word for information on another common source of fear in the world today. You will learn why many people experience increasing fear as they grow older. You will learn what the Word of God instructs you to do so that fear will not be able to overwhelm you during this time in your life.

We will begin by studying a verse of Scripture that explains what you should do to offset the influence of fear as you grow older. "...we do not become discouraged (utterly spiritless, exhausted, and wearied out through fear). Though our outer man is [progressively] decaying and wasting away, yet our inner self is being [progressively] renewed day after day." (II Corinthians 4:16 AMP)

This verse explains that fear causes discouragement. The amplification says that fear can cause people to become "utterly spiritless." Some people are so afraid that they completely

disregard the spiritual solution to fear that is explained in God's Word, the Bible. Fear causes these people to become weary and exhausted.

The words "outer man" refer to your physical body. The words "progressively decaying and wasting away" explain what happens to the bodies of many people as they grow older. You have seen this process take place in the appearance of people you have known for many years. As they grow older their skin becomes wrinkled, their hair becomes white and their energy declines. This process occurs in varying degrees depending upon how people take care of their bodies, but all people show at least some signs of aging as they grow older.

This verse compares the "outer man" which is the body with the "inner self" which is the real you – who you are deep down inside of yourself. Your body is what people see, but the real you is referred to in the Bible as "...the hidden person of the heart..." (I Peter 3:4 AMP)

Your Father does not want you to be preoccupied with your physical appearance as you grow older. He does not want you to be fearful because of changes that are taking place in your body. He wants you to look at yourself the same way that He does. "...the Lord sees not as man sees; for man looks on the outward appearance, but the Lord looks on the heart." (I Samuel 16:7 AMP)

God does not focus on your external appearance. He focuses on what you really are deep within yourself. You saw in II Corinthians 4:16 that you offset discouragement and fear as you grow older by progressively renewing your mind "day after day." How do you renew your mind each day?

You renew your mind by daily Bible study and Scripture meditation. "Strip yourselves of your former nature [put off and discard your old unrenewed self] which characterized your previous manner of life and becomes corrupt through lusts and desires that spring from delusion; and be constantly renewed in the spirit of your mind [having a fresh mental and spiritual attitude], and put on the new nature (the regenerate self) created in God's image, [Godlike] in true righteousness and holiness." (Ephesians 4:22-24 AMP)

The Word of God instructs you to "strip yourself of your former nature" – to discard and get rid of the way you used to be. The amplification of this verse of Scripture says that you will have "a fresh mental and spiritual attitude" if you "constantly" renew your mind by studying and meditating on God's Word.

You will become more God-like if you renew your mind each day in the supernatural living Word of God. You will turn away from carnal worldly thinking to think more and more the way that God thinks. “Do not be conformed to this world (this age), [fashioned after and adapted to its external, superficial customs], but be transformed (changed) by the [entire] renewal of your mind [by its new ideals and its new attitude]...” (Romans 12:2 AMP)

You saw in Chapter 2 that the world is controlled by Satan (see I John 5:19) who is referred to in the Bible as the god of this world (see II Corinthians 4:4). You must not allow Satan and his demons to influence you with superficial worldly thinking that does not line up with the Word of God. Your Father has instructed you to completely transform and change your life by renewing your mind in His Word.

Fear can be so overwhelming that it exhausts you physically, mentally and emotionally. The prevalence of exhaustion and discouragement through fear can increase steadily as people grow older. If your energy is being drained as you age and experience challenges with your health, you must understand the importance of offsetting the deterioration in your body by renewing your mind in God’s Word each and every day.

The aging process is accelerated in the lives of people who do not eat wholesome food and exercise regularly. The aging process also is accelerated in the lives of people who do not consistently nourish the hidden person of the heart with spiritual food from God’s Word each day.

As you grow older and your physical energy declines, your spiritual energy must increase to offset the deterioration in your body. “The glory of young men is their strength, and the beauty of old men is their gray head [suggesting wisdom and experience].” (Proverbs 20:29 AMP)

This verse compares the exuberance that young people experience because their bodies are strong with the spiritual beauty that mature Christians should exhibit because they are growing and maturing in the Lord. We are senior citizens. Jack is 79 and Judy is 71 as this book is written. Neither of us take any medication. Our medicine is the medicine of God’s Word.

We can honestly say that we do not experience fear. We have not been set free from fear because we are privileged people. We are not fearful because we each have spent thousands of hours renewing our minds in the Word of God to draw closer to God. “Gray hair is a crown of splendor; it is attained by a righteous life.” (Proverbs 16:31 NIV)

Your spiritual strength should increase as you grow older. You should be completely free from fear because you are consistently learning and faithfully obeying the instructions your Father has given you in His Book of Instructions, the Bible.

Your Father did not intend for your final years to be dominated by health problems and fear. He wants you to enjoy a marvelous life during your final years. “The [uncompromisingly] righteous shall flourish like the palm tree [be long-lived, stately, upright, useful, and fruitful]; they shall grow like a cedar in Lebanon [majestic, stable, durable, and incorruptible]. Planted in the house of the Lord, they shall flourish in the courts of our God. [Growing in grace] they shall still bring forth fruit in old age; they shall be full of sap [of spiritual vitality] and [rich in the] verdure [of trust, love, and contentment].” (Psalm 92:12-14 AMP)

You are made righteous before God if Jesus Christ is your Savior. You live a righteous life if you faithfully obey God’s instructions. You will live a long, fruitful, and useful life if you consistently focus on learning and faithfully obeying God’s instructions. You will steadily produce fruit in your old age. The amplification says that you will be filled with “spiritual vitality.” You will live a full and complete life.

You will constantly draw closer to God if you have renewed your mind in His Word each day and meditated day and night on the holy Scriptures. Your faith in God will steadily increase. You will not be devastated by fear.

Your Father wants you to trust Him completely from your childhood through your old age. “...you who have been borne by Me from your birth, carried from the womb: Even to your old age I am He, and even to hair white with age will I carry you. I have made, and I will bear; yes, I will carry and will save you.” (Isaiah 46:3-4 AMP)

God is with you every step of the way. He uses the word “carry” two times in this passage of Scripture. God will carry your burdens throughout your life if you will give them to Him and leave them with Him because you trust Him completely (see Psalms 37:5 and 55:2, Proverbs 16:3 and I Peter 5:6-7).

Satan’s demons are in the atmosphere around you. They observe what is happening in your life. They watch what you do and listen to what you say. They are able to influence many people who are growing older and experiencing challenges with their health and declining energy.

You have seen that Jesus Christ has given you a total, complete and absolute victory over Satan and his demons (see Luke 10:19, Colossians 2:10, I John 2:14 and 3:8 and Revelation 12:11). This victory will be automatic when you arrive in heaven, but this victory is not automatic on earth.

If you do not place yourself in God daily and stay in His presence, you open yourself up to the onslaught of the world, the flesh and the devil. All three can wear you down. If you live your life sitting in heavenly places with Jesus Christ, you will walk in the victory that He won for you. You will not be afraid.

You must not allow yourself to become fearful as you grow older. "...when [the old] are afraid of danger from that which is high, and fears are in the way, and the almond tree [their white hair] blooms, and the grasshopper [a little thing] is a burden, and desire and appetite fail, because man goes to his everlasting home and the mourners go about the streets or marketplaces." (Ecclesiastes 12:5 AMP)

This verse of Scripture refers to old people being afraid because of the problems they face, their hair turning white and the little things in their lives that are becoming increasingly burdensome. This verse refers to the decrease in desire and the appetite for life that some people experience as they grow older.

Older people on the whole are much more vulnerable to fear than when they were younger. Many young people take their good health for granted. Many older people are just the opposite. Increasing problems with their health and a decline in energy often provides a fertile foothold for Satan's demons to successfully place fearful thoughts into the minds of older people.

In this chapter we have shared many instructions and promises from God that will help you during the final years of your life. In the next chapter we will look further into God's instructions so that you can learn exactly what the Word of God instructs you to do to overcome fear as you grow older.

Chapter 5

Stay Healthy by Partaking of God's Spiritual Medicine

In this chapter we will look at the relationship between fear and your physical health. The Bible teaches that fear can make you sick and that faith in God can make you well.

Medical science has proven that fear, worry and anxiety can cause ulcers, high blood pressure, heart attacks and other illnesses. Some physicians believe that as many as 75% of their patients come to them as a result of sickness that is primarily caused by emotional stress.

We live in stressful times. The news media pours out continual reports on problems and potential problems. You cannot expect to eliminate stressful situations, but you can learn how to control your emotional reaction to stress. Your Father has given you specific instructions in this area in His Word, the Bible.

God included two small glands above your kidneys when He created you. These glands are called adrenal glands. These glands secrete adrenalin when you face a stressful situation. If you react positively, adrenalin will increase your energy. If you react negatively, adrenalin can deplete your energy.

The adrenal glands have been called “fight or flight” glands. God provided these glands to give you extra strength when you face stressful situations. You can use this God-given surge of energy to help you overcome the problems you face.

However, if you react negatively to adversity, the increased adrenalin can cause your blood vessels to tighten, your muscles to tense, your heart to beat more rapidly and your body to perspire. The arousal of adrenalin in your body also can cause symptoms such as a dry mouth or an upset stomach.

God wants you to use the extra energy from adrenalin in a positive manner. Satan and his demons want you to use this energy negatively. You decide whether you will use your God-given adrenalin positively or negatively.

Many high-strung people secrete large amounts of adrenalin. These people are in a constant state of arousal. They are always worked up about something.

The excessive release of adrenalin can cause physical and mental fatigue and sickness over a period of years. People who have produced excessive amounts of adrenalin throughout their lives usually age more rapidly than other people. Their adrenal glands become exhausted after many years of overactivity.

Many younger people are able to deal with stress more easily because they have an abundance of youthful energy and vitality. However, as you grow older, increased wisdom and

spiritual maturity should offset the accompanying decrease in physical energy. We explained this principle in the last chapter when we studied II Corinthians 4:16.

Stress-related illness has increased significantly in recent years. You ultimately will pay a significant price with your health if you consistently allow fear to dominate your life. Your health will be much better on the whole if your faith in God is deep, strong and unwavering and if you are able to remain calm, quiet and confident in the face of adversity. “A calm and undisturbed mind and heart are the life and health of the body...” (Proverbs 14:30 AMP)

Most people want to live a long and healthy life. This verse of Scripture tells you one way to achieve this goal. There is a direct relationship between your physical health, the length and quality of your life and the calmness and quietness that exists in your mind and your heart.

In subsequent chapters we will explain in detail how to fill your heart with God’s Word through consistent Scripture meditation. You fill your mind with the holy Scriptures when you study the Word of God. You fill your heart with God’s promises and instructions when you meditate on God’s Word. “A happy heart is good medicine and a cheerful mind works healing...” (Proverbs 17:22 AMP)

The Word of God is supernatural spiritual medicine that your Father has provided for you. If your heart is filled with joy because it is filled to overflowing with the Word of God, this happiness in your heart is “good medicine” from God. If your mind is cheerful because you have renewed your mind in God’s Word each day as He has instructed you to do, you will be much more likely to receive healing from sickness. “He sends forth His word and heals them...” (Psalm 107:20 AMP)

You do not partake of God’s medicine by swallowing a capsule or receiving an injection. You partake of God’s spiritual medicine by faithfully obeying your Father’s instructions to consistently fill your eyes, your ears, your mind, your heart and your mouth with the spiritual medicine of His supernatural living Word.

You may not be aware of the healing that is taking place as you spend time daily in God’s Word. The Word of God heals your body. It also transforms your mind. You take a spiritual bath every day as you spend time in the Bible. The Word of God washes away any wrong or destructive thinking that you have (see Ephesians 5:26).

Instead of being more logical and intellectual from a worldly perspective, you should become more childlike in your trust in God as you grow older. “Lean on, trust in, and be

confident in the Lord with all your heart and mind and do not rely on your own insight or understanding. In all your ways know, recognize, and acknowledge Him, and He will direct and make straight and plain your paths.” (Proverbs 3:5-6 AMP)

The Bible says that you should not rely on the limitations of your human understanding. Instead of being concerned about these limitations, you should trust God so much that you lean on Him in every area of your life. God promises that He will guide you and direct you.

Fear can make you miserable and shorten your life. Strong faith in God can fill your life with God’s supernatural joy and make your life longer, fuller and more complete. You will become like the apostle Paul who said, “...I am greatly encouraged; in all our troubles my joy knows no bounds.” (II Corinthians 7:4 NIV)

The prefix “dis” in the word discouragement refers to lack of courage. The prefix “en” in the word encouragement refers to the courage you put into yourself. If you follow Paul’s example and put courage into yourself as a result of renewing your mind in God’s Word daily and meditating day and night on the holy Scriptures, your joy when you face adversity will “know no bounds.”

The happiness of the world is dependent upon external circumstances. The degree of happiness in many peoples’ lives is directly proportional to what is happening to them. God’s joy comes from the inside out. God’s joy is independent of circumstances. “The Lord reigns, let the earth rejoice...” (Psalm 97:1 AMP)

Your heart will rejoice if you focus on God instead of the adversity you face. The following words that Solomon spoke to his son many years ago will apply to you. “My son, forget not my law or teaching, but let your heart keep my commandments; for length of days and years of a life [worth living] and tranquility [inward and outward and continuing through old age till death], these shall they add to you.” (Proverbs 3:1-2 AMP)

This passage of Scripture explains the relationship between living a long, full and productive life and the calmness and tranquility that is deep down inside of you. The amplification explains that this tranquility will continue through your old age until you die.

You will not be afraid if you obey your Father’s instructions to consistently study and meditate on His Word. Instead, you will have deep, strong and unwavering faith in God throughout your life right up until the day you go to be with Him in heaven.

Your Father does not want you to struggle, strain and worry during the final years of your life. He wants you to grow and mature so much through your Bible study and Scripture meditation that your final years on earth will be full, glorious and complete “You will come to the grave in full vigor...” (Job 5:26 NIV)

The words “full vigor” mean to have maximum energy and vitality. Your Father wants you to serve Him right up until the day you die. He wants you to have great energy and vitality throughout your life, including the final years of your life.

Your Father wants you to look forward to your final years on earth. He wants these years to be full, meaningful and healthy as you do your very best to serve Him and carry out His assignment for your life.

Some people become increasingly pessimistic as they grow older. Your Father wants you to be just the opposite. He wants your eyes, your ears, your mind, your heart and your mouth to be filled continually with His supernatural living Word. He wants your heart to overflow with the depth of your faith in Him. He does not want fear to overwhelm you during your final years or any other time in your life.

The Bible is a spiritual fountain of youth. The Word of God can and will keep the hidden person of your heart young and vibrant spiritually as your physical body grows older. You will not identify with the decreased energy in your body if you energize yourself continually with God’s Word. “...the Word that God speaks is alive and full of power [making it active, operative, energizing, and effective]...” (Hebrews 4:12 AMP)

This verse explains the supernatural power of the living Word of God. The amplification says that God’s Word can give you energy and make your life more effective. You must understand the immense power of the Word of God. Your Father wants you to look at His Word as He looks at it. “...You have exalted above all else Your name and Your word and You have magnified Your word above all Your name!” (Psalm 138:2 AMP)

Does the Word of God hold such a high place in your life that you have exalted it above everything else? Your Father wants you to approach His Word each day with awe and reverence. He said, “...this is the man to whom I will look and have regard: he who is humble and of a broken or wounded spirit, and who trembles at My word and reveres My commands.” (Isaiah 66:2 AMP)

Your Father wants you to be humble and teachable. He wants you to “tremble” at the awesomeness of His Word. He wants you to revere Him and His supernatural living Word. You should be like the psalmist who said, “...my heart stands in awe of Your words...” (Psalm 119:161 AMP)

Instead of allowing your heart to be filled with fear, worry and anxiety, your heart should overflow with joy because it is filled with God’s Word. You should be like the psalmist who said, “Your statutes are my heritage forever; they are the joy of my heart.” (Psalm 119:111 NIV)

The word “heritage” has the same root as the word “inherit.” The Word of God has been passed down from your Father to you to fill your heart with supernatural joy throughout the remainder of your life on earth.

Christians who disobey God’s specific instructions to fill their minds and their hearts with God’s Word each day will be fearful, worried and anxious when they face adversity. These people will have heavy hearts. Your Father wants you to have a glad heart because your heart overflows with His supernatural living Word regardless of the circumstances you face.

Your faith in God is the key to experiencing God’s supernatural joy at all times. Your faith in God is directly related to the amount of His Word that lives in your heart.

You will rejoice continually if your heart is so full of God’s Word that the supernatural power of His Word rises up within you. We cannot emphasize too much the importance of filling your heart with God’s Word. You must offset what can take place in your body as you become older and more conscious of your human inadequacies.

You will be able to tap into the supernatural power of Almighty God if you consistently fill your heart with His Word. God’s power will override your human frailties. You will rely completely on God instead of thinking that you have to overcome adversity with your limited human abilities.

In this chapter we have studied several verses of Scripture pertaining to the negative aspects of fear. You have seen that God’s Word teaches that you can offset the negative aspects of fear by continually drawing closer to God and filling your mind and your heart with His supernatural living Word. We now are ready to look into God’s Word to learn how to overcome the fear of death that plagues many people.

Chapter 6

God Does Not Want You to Be Afraid of Death

Many people are afraid of death. They become more afraid of dying as they grow older. These people see many of their contemporaries dying. They read the obituaries in the newspaper each day. They are very conscious of their age and of the imminence of death.

The fear of the unknown is a fear that Satan exploits in many different areas. Satan's demons torment people with the fear of death whenever they can. If Jesus Christ is your Savior, Satan cannot torment you in this area if you know, understand and believe the great scriptural truths in this chapter pertaining to the death of a Christian.

God loves you so much that He has taken away any reason to fear death. You should look at death from God's perspective. Your Father loves you. He looks at death positively, not negatively. He places a very high priority on the death of His children. "Precious (important and no light matter) in the sight of the Lord is the death of His saints (His loving ones)" (Psalm 116:15 AMP)

God does not take the death of any of His children lightly. You will look forward to death with anticipation, not dread, if you learn to look at death from God's perspective. There is no question that God looks at death positively. "...to die is gain [the gain of the glory of eternity]." (Philippians 1:21 AMP)

Death from God's perspective is "gain," not loss. The amplification of this verse says that you will gain "the glory of eternity." If Jesus Christ is your Savior, you have so much to look forward to when you die.

You should not be afraid of death. You should be like the psalmist David who said, "Yes, though I walk through the [deep, sunless] valley of the shadow of death, I will fear or dread no evil, for You are with me; Your rod [to protect] and Your staff [to guide], they comfort me" (Psalm 23:4 AMP)

This verse refers to death as the "valley of the shadow of death." You must understand the importance of looking at death as the shadow that it actually is. The Bible uses the word "shadow of death" on seventeen different occasions.

When the Bible refers to "the valley of the shadow of death," it refers to the times in your life when you face potential disaster from any source. God wants you to have His perfect peace as you walk through these valleys because you know that God is with you to guide you and comfort you at all times, including when you die.

Isaiah prophesied that Jesus Christ would win a total victory over death when he said, “He will swallow up death [in victory; He will abolish death forever]. And the Lord God will wipe away tears from all faces...” (Isaiah 25:8 AMP)

Isaiah prophesied about this great victory more than seven hundred years before Jesus Christ rose victoriously from death. The New Testament tells you about the fulfillment of this prophesy from Isaiah. “And when this perishable puts on the imperishable and this that was capable of dying puts on freedom from death, then shall be fulfilled the Scripture that says, Death is swallowed up (utterly vanquished forever) in and unto victory. O death, where is your victory? O death, where is your sting?” (I Corinthians 15:54-55 AMP)

You can see here that what Isaiah prophesied actually took place. The victory that Isaiah prophesied the Messiah would win actually was won. The amplification in this passage of Scripture says that death was “utterly vanquished forever.”

The word “utterly” is an emphatic word that expresses the totality of the victory that Jesus won over death. When something is “vanquished,” it is done away with. Jesus Christ “annihilated” death. He completely destroyed the power of death over every person who has received Him as his or her Savior.

The fear of death will not prevail in your life if you know and deeply believe the magnificent scriptural truths that you are reading in this chapter. Jesus Christ took the sting out of death. He took away the victory that Satan has in this area in the lives of all unbelievers. The Bible speaks of “...our Savior Christ Jesus, Who annulled death and made it of no effect ...” (II Timothy 1:10 AMP)

When something is “annulled,” it is canceled, done away with and invalidated. If Jesus Christ is your Savior, the tremendous victory that Jesus won at Calvary made death “of no effect” in your life.

Jesus has paid the full price to set you free from the fear of death. “...by [going through] death He might bring to nought and make of no effect him who had the power of death – that is, the devil – and also that He might deliver and completely set free all those who through the [haunting] fear of death were held in bondage throughout the whole course of their lives.” (Hebrews 2:14-15 AMP)

This passage of Scripture explains that Satan has power over unbelievers in the area of death. Once again the words “of no effect” are used. Jesus completely destroyed Satan’s influence in the area of death that holds many people in bondage throughout their lives.

The word “haunting” that is used in the amplification of this verse refers to Satan. This word is used in the same context that describes a so-called haunted house. When a house is haunted, it supposedly is filled with ghosts. You must not allow Satan’s demons to haunt you by their attempts to influence you in regard to death.

Your Father wants you to be absolutely certain that you have been given victory over death and that you will live eternally with Him in the glory of heaven. If you are not absolutely certain that you will live throughout eternity in heaven, please stop now and turn to the Appendix at the end of this book.

Carefully read, study and obey the specific instructions that God has given to set you free from the fear of death. If you obey these instructions and have absolute faith in these promises from God, you can be certain that you will live eternally with Him in the glory of heaven after you die.

This passage of Scripture speaks of people who were “held in bondage throughout the whole course of their lives” through fear of death. We have emphasized that many older people are afraid of death, but we are told here that some people are terrified of death throughout their lives. Satan’s demons know who these people are. They harass these people in every way they can.

If Jesus Christ is your Savior, you can be certain that He stripped death of any power that it once may have had over you. After Jesus died on the cross at Calvary, He went to Hades where He took the keys of death away from Satan. Jesus said, “...Fear not; I am the first and the last: I am the Living One; I was dead, and behold I am alive for ever and ever! And I hold the keys of death and Hades.” (Revelation 1:17-18 NIV)

Hades was the place where dead people went before Jesus rose from the dead. Jesus went there, took the keys of death away from Satan, rose from the dead and is alive forevermore. Jesus said, “Fear not.” Jesus does not want you to be afraid of death.

Any person who has not received Jesus Christ as his or her Savior has good reason to be afraid of death. Every one of these people will suffer throughout eternity in the lake of fire. “...if

anyone's [name] was not found recorded in the Book of Life, he was hurled into the lake of fire.” (Revelation 20:15 AMP)

Your name is written in the Lamb's Book of Life if you have received Jesus Christ as your Savior. You will not join the people who will suffer throughout eternity in the lake of fire.

The lake of fire, which also is called hell, was prepared for Satan and his demons who are fallen angels (see Matthew 25:41). Hell is a real place. “...the smoke of their torment ascends forever and ever; and they have no respite (no pause, no intermission, no rest, no peace) day or night—these who pay homage to the beast and to his image and whoever receives the stamp of his name upon him.” (Revelation 14:11 AMP)

People who have not received Jesus Christ as their Savior should be terrified of death. The inhabitants of hell will never rest. They will have “no peace.” The words “forever and ever” in this verse refer to the endless torment that people in hell will experience.

We pray that you will take these facts so seriously that you will receive Jesus Christ as your Savior if He is not your Savior already. If Jesus is your Savior, you will not suffer throughout eternity in hell with Satan, his demons and the Antichrist who is referred to in the Bible as “the beast.”

You have become a citizen of heaven if you have obeyed the scriptural instructions in the Appendix in the back of this book. Your present home on earth is only temporary. When you arrive in heaven, you will have arrived at your real home. “...we are citizens of the state (commonwealth, homeland) which is in heaven...” (Philippians 3:20 AMP)

Jesus wants you to look forward to living throughout eternity with Him in heaven. No one on earth has ever seen or heard anything that can remotely compare to the glory, beauty and magnificence of heaven. “...No eye has seen, no ear has heard, no mind has conceived what God has prepared for those who love him.” (I Corinthians 2:9 NIV)

Think of the most beautiful place you have ever seen. The beauty of heaven far exceeds the beauty of the most delightful place you have seen on earth. Think of the most beautiful music you have ever heard. The music that you will hear in heaven is far superior to the most magnificent music you have ever heard on earth.

If Jesus Christ is your Savior, you will enjoy living in heaven throughout eternity. Your life in heaven will exceed every expectation that you could possibly have. “God will wipe away every tear from their eyes; and death shall be no more, neither shall there be anguish (sorrow and

mourning) nor grief nor pain any more, for the old conditions and the former order of things have passed away.” (Revelation 21:4 AMP)

You saw in Isaiah 25:4 at the beginning of this chapter that Isaiah prophesied that “the Lord will wipe away all tears from all faces.” Revelation 21:4 is the fulfillment of this prophecy.

This verse says that God will “wipe away every tear” from the eyes of every person in heaven. There is nothing to cry about in heaven. Death will have disappeared completely. If Jesus Christ is your Savior, none of the burdens of life on earth will go with you to heaven. You will be pain-free and problem-free throughout eternity. You will never anguish or grieve over anything. Satan and his demons and the darkness that pervades the world will not be in heaven.

There is no sickness or death in heaven. No one in heaven has any pain in his or her body. All of the pains, troubles and burdens of this world pass away when a Christian dies. “There shall no longer exist there anything that is accursed (detestable, foul, offensive, impure, hateful, or horrible)....” (Revelation 22:3 AMP)

Nothing in heaven is evil or negative in any way. Everyone and everything in heaven is perfectly clean, pure, positive and uplifting. Anything that was negative in any way during your life on earth will not go with you to heaven.

You will not fear death if you will study and meditate on the Scripture references in this chapter. Instead, you will look forward to the magnificence of the glorious life that you will enjoy in heaven throughout eternity.

Chapter 7

God Promises to Give You Supernatural Strength

We now are ready to learn what the Bible teaches about receiving supernatural strength from God. You will never be afraid of anything if you learn how to receive strength from God. “...be strong in the Lord [be empowered through your union with Him]; draw your strength from Him [that strength which His boundless might provides].” (Ephesians 6:10 AMP)

The words “through your union with Him” in the amplification of this verse of Scripture are the key to receiving strength from God. There is a direct relationship between receiving God’s strength and the intimacy of your relationship with Him. You will not be afraid if you have a close and intimate relationship with God. You will trust Him completely to give you

strength when you need it. “The Lord will give [unyielding and impenetrable] strength to His people...” (Psalm 29:11 AMP)

The words “unyielding and impenetrable” in the amplification of this verse are very important. God’s strength is so powerful that it will not yield to any problem you face, no matter how difficult this problem may seem.

In Chapter 4 we discussed the increased fear that many people experience as they grow older. If you trust God completely, you will be like Caleb who was a prince of Judah. Caleb said, “...the Lord has kept me alive, as He said, these forty-five years since the Lord spoke this word to Moses, while the Israelites wandered in the wilderness; and now, behold, I am this day eighty-five years old. Yet I am as strong today as I was the day Moses sent me; as my strength was then, so is my strength now for war and to go out and to come in.” (Joshua 14:10-11 AMP)

Caleb was one of twelve spies who were sent by Moses to the area of Paran. Most of the spies brought back pessimistic reports. Caleb and Joshua were the only two of these spies who brought back optimistic reports. Caleb was exposed to incredible pressure, but he was able to persevere because he received strength from God.

Caleb said that he was as strong at the age of eighty-five as he was when Moses sent him to Paran at the age of forty. This chapter is filled with promises from God’s Word that assure you that this strength from God is available to you.

Refuse to give in to fear, worry, doubt and unbelief. You should be like the apostle Paul who said, “...My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me.” (II Corinthians 12:9 KJV)

Paul rejoiced in his human weakness and inadequacies because he had absolute faith that the supernatural strength of Jesus Christ would be perfected in his human weakness. Paul went on to say, “...for the sake of Christ, I am well pleased and take pleasure in infirmities, insults, hardships, persecutions, perplexities and distresses; for when I am weak [in human strength], then am I [truly] strong (able, powerful in divine strength).” (II Corinthians 12:10 AMP)

Paul actually “took pleasure” in the adversity he faced. He was absolutely certain that the supernatural strength of Jesus Christ was available to him when he was “weak in human strength.” The promises in this chapter pertaining to God’s strength will help you to overcome fear in your life.

Paul explained this phenomenal strength in a letter that he wrote to the church at Philippi when he was in prison. In this letter Paul said, “I have strength for all things in Christ Who empowers me [I am ready for anything and equal to anything through Him Who infuses inner strength into me; I am self-sufficient in Christ’s sufficiency].” (Philippians 4:13 AMP)

The words “all things” in this verse include whatever problems you face today and every problem that you will face throughout your life. God never intended for you to solve every problem with the limitations of your human strength

If Jesus Christ is your Savior, He lives in your heart (see II Corinthians 13:5, Galatians 2:20 and Ephesians 3:17). If Jesus is your Savior, you have His supernatural strength living within you. Jesus will “infuse inner strength” into you to the exact degree that you are certain of His indwelling presence and that you trust completely in Him to strengthen you in your human weakness.

The strength of Jesus Christ is available by faith to every Christian at any time in his or her life. You can do “all things” through the strength of Jesus. In the amplification Paul says “I am ready for anything and equal to anything.” Paul knew that the strength of Jesus Christ that was in him was more than sufficient to overcome any problem he would ever face. This same supernatural strength is available to you.

You should never be worried or afraid when you face difficult problems. You can trust God to provide the supernatural strength that you will need. “Do you not know? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.” (Isaiah 40:28-31 NIV)

God is never weary. He will give you strength if you are tired and weary. God compares the strength that He will provide for you with the strength of energetic young men. He promises to give you strength that is so great that you will be able to persevere even if you are at a place where young men with the strength and energy of youth would give up.

You must not give up. God’s strength is so great that you will be able to soar above the problems you face just as a mighty eagle is able to spread its wings and soar above all obstacles.

Refuse to give up hope. Have absolute faith that God will give you the strength, energy and vitality you need.

God's Word explains the relationship between not being afraid and receiving strength from God. You should be like Isaiah who said, "...I will trust and not be afraid, for the Lord God is my strength..." (Isaiah 12:2 AMP)

Trust God completely to give you the supernatural strength you need. We have spoken especially of older people in this book. No matter how old, weary or tired you may be, you should be like the psalmist who prayed to God saying, "Cast me not off nor send me away in the time of old age; forsake me not when my strength is spent and my powers fail." (Psalm 71:9 AMP)

You must not allow any weariness that you experience as you grow older to cause you to be afraid. God's strength is available to you when your human energy is insufficient. God will strengthen you and guide you throughout your life if you trust Him completely. "...He will be our guide [even] until death" (Psalm 48:14 AMP)

Your Father has promised to guide you right up until the day you die. Do not be afraid of anything. Know that your loving Father will help you regardless of the seeming severity of any adversity you face or how old, tired or inadequate you may feel.

When little children are in trouble, they feel secure when they are able to hold the hand of one of their loving parents. Your loving Father is with you when you face adversity. He promises to hold your hand. He said, "...I the Lord your God hold your right hand; I am the Lord, Who says to you, Fear not; I will help you!" (Isaiah 41:13 AMP)

Little children stay very close to their loving parents when they have a problem. Your loving Father wants you to stay very close to Him. You will not be afraid if you have a close and intimate relationship with God. He speaks directly to you here telling you that you should not be afraid (see Psalm 121:2 and Hebrews 4:6 and 13:6).

Why would you ever be afraid of anything if you are certain that God will help you? The more severe the problems that you face may seem, the more you should immerse yourself in the supernatural living Word of God. Faithfully obey your Father's instructions to meditate day and night on His Word. Fill your eyes, your ears, your mind, your heart and your mouth continually with God's Word.

You will be strengthened and energized by God's supernatural Word if you do this. Fear will not be able to overcome you if your heart is filled with God's Word. "The law of his God is in his heart; none of his steps shall slide." (Psalm 37:31 KJV)

The words "none of his steps shall slide" mean that no external circumstances will be able to overcome you if your heart is filled to overflowing with the supernatural living Word of God. The key to your life whenever you face adversity is the spiritual condition of your heart (see Proverbs 4:20-23). You will not be afraid and adversity will not be able to overcome you if you faithfully obey your Father's instructions to continually fill your heart with the supernatural power of His Word.

The Word of God is your spiritual food. You will feed yourself continually with the supernatural spiritual food that your Father has provided for you if you faithfully renew your mind in God's Word each day and meditate day and night on the holy Scriptures. You will be like the prophet Jeremiah who said, "When your words came, I ate them; they were my joy and my heart's delight..." (Jeremiah 15:16 NIV)

Your heart will sing with joy regardless of the circumstances you face if you have filled your heart with the supernatural spiritual food that your Father has provided for you in His Word (see Job 23:12 and Matthew 4:4). You must not identify with anything that is taking place in the world. You should identify completely with God and His supernatural promises.

The last four chapters have been filled with truth from God's Word that will help you as you grow older. You should be like the author Victor Hugo who spoke of his final years saying, "Winter is on my head, but spring is in my heart."

We have explained that your body is not the real you. The real you is the hidden person of your heart (see I Peter 3:4). The hidden person of your heart does not wrinkle and become old. The hidden person of your heart is always young.

We have talked briefly about meditating day and night on the Word of God. We now are ready to learn great spiritual truth pertaining to the supernatural power of the Word of God. You will learn exactly what to do to meditate day and night on the holy Scriptures.

Chapter 8

Meditate Day and Night on the Word of God

The words in the Bible were not written by human beings with the limitations of their human understanding. God anointed approximately forty people to write the sixty-six books of the Bible. The Bible was written through these people, not by them. Every word in the Bible is inspired by God Himself. “Every Scripture is God-breathed (given by His inspiration)...” (II Timothy 3:16 AMP)

The words in the Bible that were written thousands of years ago were written to help you today. “...whatever was thus written in former days was written for our instruction, that by [our steadfast and patient] endurance and the encouragement [drawn] from the Scriptures we might hold fast to and cherish hope.” (Romans 15:4 AMP)

Your loving Father has given you His Book of Instructions, the Bible, to explain how He wants you to live your life. He also has given you the Bible so that you can receive supernatural encouragement from Him. If you are tempted to be afraid of anything, you can hold tightly onto God’s promises that will enable you to persevere in faith without giving up hope.

The Word of God is much greater and much more powerful than any problem you will ever face. “...we also [especially] thank God continually for this, that when you received the message of God [which you heard] from us, you welcomed it not as the word of [mere] men, but as it truly is, the Word of God, which is effectually at work in you who believe [exercising its superhuman power in those who adhere to and trust in and rely on it].” (I Thessalonians 2:13 AMP)

When the apostle Paul wrote his first letter to the people in Thessalonica, he thanked God continually for the divine inspiration of His Word. Paul emphasized that the Bible was not written by human beings. The Bible truly is the Word of God. If your heart is filled with God’s Word, your heart is filled with the supernatural power of God. God’s power will be released in your life to the degree that you obey His instructions and have faith in Him and His promises.

You will not be afraid of anything if you habitually fill your heart with the supernatural power of the Word of God. In the next three chapters you will learn exactly what to do to fill your heart with God’s Word. You should be like the psalmist who said, “Consider how I love Your precepts; revive me and give life to me, O Lord, according to Your loving-kindness!” (Psalm 119:159 AMP)

The psalmist loved the Word of God. He asked God to revive him and to give him life through His Word. This same principle applies to your life today. Your Father will constantly

reveal His love and kindness to you if you love His Word. “Great peace have they who love Your law; nothing shall offend them or make them stumble.” (Psalm 119:165 AMP)

If you truly love the Word of God, no problem that you will ever face will be able to cause you to be afraid. If you learn how to fill your heart with God’s Word, you will experience God’s supernatural peace deep down inside of yourself. No adversity will prevail in your life if you consistently focus on God instead of being afraid of the problems you face.

We now are ready to study what we believe is one of the most important verses of Scripture in the entire Bible. God said, “This Book of the Law shall not depart out of your mouth, but you shall meditate on it day and night, that you may observe and do according to all that is written in it. For then you shall make your way prosperous, and then you shall deal wisely and have good success.” (Joshua 1:8 AMP)

God gave these instructions to Joshua when He chose him to succeed Moses as the leader of more than one million Israelites. Joshua was a relatively young man. He probably was apprehensive about the great responsibility he had been given. God told Joshua exactly what he should do to be successful. These same instructions from God apply to you today.

The first part of this verse of Scripture explains what God instructs you to do. The last part explains what will happen in your life if you do what your Father has instructed you to do.

We will look at the last part of this verse first. Then we will study what God instructs you to do. Your Father promises that you will be prosperous, that you will make wise decisions and that you will be successful.

You must understand what the word “prosperous” means. The Hebrew word “tsalach” that is translated as “prosperous” in this verse means much more than financial prosperity. This word means “to push forward, break out and go over.”

If you faithfully obey God’s instructions in the first part of Joshua 1:8, you will overcome the problems that you face. You will not be afraid because you will have deep inner certainty that you will be able to successfully overcome adversity.

You will receive supernatural wisdom from God if you consistently obey the instructions in this verse of Scripture. You will be successful, not just from a worldly perspective, but from God’s perspective.

The Bible contains more than 500,000 words. Strong’s Exhaustive Concordance, which contains every word in the Bible, includes the word “success” only one time – in Joshua 1:8. If

you want to be successful, you must learn and obey the specific instructions your Father has given you here.

Now that we have seen the blessings that you will receive if you obey these instructions, we are ready to study exactly what your Father instructs you to do to be prosperous, wise and successful. You must understand the vital importance of doing exactly what God has instructed you to do.

First we will look at the words “meditate on it day and night.” Your Father instructs you to meditate day and night on His Word. He wants you to consistently meditate on His Word so that you will learn exactly how He wants you to live your life.

Your Father does not want His Word to depart from your mouth. He wants you to speak His Word continually. How do you obey this instruction?

If you meditate day and night on the Word of God, you will be speaking God’s Word as you meditate on it. Your mouth will speak God’s Word repeatedly if you faithfully obey God’s instructions to meditate day and night on His Word. God’s Word will not depart from your mouth because of this continual Scripture meditation.

If you meditate day and night on God’s Word, you will program yourself to live your life in obedience to the thousands of specific instructions that your Father has given you in the Bible. You will be prosperous, wise and successful if you do exactly what God instructed Joshua to do.

God has done His part. He has given this amazing promise to you. You must do your part. Are you doing exactly what your Father has instructed you to do in this extremely important verse of Scripture? Are you meditating day and night on the Word of God? Are you speaking God’s Word continually? Are you consistently learning and obeying your Father’s instructions?

Several informal surveys that we have conducted indicate that less than 10% of all Christians regularly obey God’s instructions to meditate day and night on His Word. You must understand the tremendous blessings that you will receive if you obey the instructions your Father has given you in this verse. Fear will not be able to get a foothold in your life if you are constantly meditating on God’s Word.

God inspired at least eight human authors to write 150 different psalms. He has given you vitally important instructions in the first three verses of the very first psalm. God said, “Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. But his delight is in the law of the LORD; and in his law doth

he meditate day and night. And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper.” (Psalm 1:1-3 KJV)

Your Father does not want you to turn to ungodly people in the world for advice on how to live your life. He does not want you to live the way that unbelievers live. Instead, He wants you to be so delighted with His Word that you will meditate day and night on the holy Scriptures. This verse says that, if you meditate day and night on the Word of God, you will be like a tree that is planted next to a river that will always produce fruit, even in the midst of a drought.

Please visualize an orchard that is located next to a river that consists of ten rows of trees with ten trees in each row. Visualize ninety of these trees being dry and producing no fruit because of a prolonged drought. Visualize the tenth row of trees that is next to the river as being green and filled with ripe fruit.

Why would the trees that are next to the river still produce fruit in the midst of a drought? These trees will continue to produce fruit because their roots can draw up water from the river when no rain comes down from the sky.

If you meditate day and night on the Word of God, you will be like a tree planted next to a river that is able to receive water through its roots when there is no rain. You will receive sustenance from God that will cause you to prosper in every area of your life.

Once again the word that is translated “prosper” in this verse of Scripture is the Hebrew word “tsalach” which means that you will “push forward, break out and go over.” If you truly delight in God’s Word and if you meditate day and night on the holy Scriptures, you will be able to tap into the supernatural power of God.

You will not be afraid of any problems you face if you consistently meditate day and night on the Word of God. You will be able to break through and overcome these problems because your heart will be filled to overflowing with God’s Word because you have faithfully obeyed your Father’s instructions to meditate day and night on His Word.

We have just explained what we believe are two of the most important passages of Scripture in the Bible. God emphasizes through repetition. There is no question that your Father promises that you will be prosperous and that you will break through and go over whatever problem you face if you obey His instructions to meditate day and night on His Word.

If you consistently meditate on God's supernatural living Word, you will be like the psalmist who said, "I will remember the deeds of the LORD; yes, I will remember your miracles of long ago. I will meditate on all your works and consider all your mighty deeds." (Psalm 77:11-12 NIV)

The Word of God is filled with numerous stories of great miracles that God has performed in the lives of many people. You will be greatly encouraged if you meditate on the mighty deeds that God has done in the lives of other people.

You will be encouraged that God will do great and mighty things in your life if you will obey His instructions to meditate day and night on His Word. The psalmist David understood this great spiritual truth. He said, "On the glorious splendor of Your majesty and on Your wondrous works I will meditate." (Psalm 145:5 AMP)

Once again we want to explain that God emphasizes through repetition. The psalmist David explained the same principle in Psalm 145:5 that the psalmist Asaph explained in Psalm 77:11-12.

Your Father wants you to meditate consistently on His majesty and on the great things He has done in the lives of other people. As you meditate more and more on God's majesty and the great things He has done, your Father will progressively reveal Himself to you. He will give you deep inner certainty that He also will do great things in your life if you obey His instructions to habitually meditate on His Word.

Fear will not dominate your life if you faithfully obey your Father's instructions to meditate consistently on His majesty and His wonderful works. You will be like the psalmist who said, "I will meditate on Your precepts and have respect to Your ways [the paths of life marked out by Your law]. I will delight myself in Your statutes; I will not forget Your word." (Psalm 119:15-16 AMP)

Please note that the word "delight" is used repeatedly in the verses of Scripture that speak of meditating on God's Word. When you delight in something, you are very pleased with what you are doing. You should be so excited about the supernatural Word of God that you cannot get enough of it.

You should have a deep and sincere desire to learn and obey your Father's instructions and to have unwavering faith in Him and the absolute reliability of the promises in His Word

(see Joshua 23:14 and I Corinthians 1:9) You will not forget the Word of God if you faithfully meditate on it day and night. You will receive constant encouragement from the holy Scriptures.

You will not be afraid because thoughts of fear will not be able to get into your mind if it is filled with God's Word as a result of consistent Scripture meditation. You will be like the psalmist who said, "Though rulers sit together and slander me, your servant will meditate on your decrees." (Psalm 119:23 NIV)

The psalmist apparently was persecuted by government rulers. He refused to focus on their accusations. Instead, he meditated on God's Word.

Your Father wants you to follow the example of the psalmist. Instead of focusing on the problems you face and allowing fear to get into your mind, you should focus continually on God as you faithfully meditate on His Word.

Your Father wants you to begin your Scripture meditation early in the morning. You should be like the psalmist who said, "...I am awake before the cry of the watchman, that I may meditate on Your word." (Psalm 119:148 AMP)

When this psalm was written a watchman would cry out early in the morning to awaken the people. The psalmist was awake and meditating on the Word of God before the watchman cried out. The psalmist was so excited about God's Word that he began meditating on it very early in the morning.

Your Father wants you to be so delighted with His Word that you also will begin each day by meditating on the holy Scriptures. He wants you to continue meditating on His Word throughout the day. You should be like the psalmist who said, "Oh, how love I Your law! It is my meditation all the day." (Psalm 119:97 AMP)

If you truly love the Word of God, you will yearn to learn more and more from God as you meditate on His supernatural living Word. You will begin meditating on God's Word in the early morning. You will continue your Scripture meditation throughout the day and night. You will be like the psalmist who said, "...I remember You upon my bed and meditate on You in the night watches." (Psalm 63:6 AMP)

You have just seen that the psalmist began meditating early in the morning. He continued to meditate on God's Word throughout the day, when he was in bed at night and when he awakened during the night. The psalmist immersed himself in the Word of God. Your Father wants you to follow this example. "The Lord knows the thoughts of man, that they are vain

(empty and futile—only a breath). Blessed (happy, fortunate, to be envied) is the man whom You discipline and instruct, O Lord, and teach out of Your law, that You may give him power to keep himself calm in the days of adversity...” (Psalm 94:11-13 AMP)

You must not rely on your limited human understanding when you face severe adversity. The amplification of this passage of Scripture says that human thinking is “empty and futile.” You will never be afraid of anything if you consistently learn from God’s Word as a result of your Scripture meditation. Your Father will give you the ability to be calm, quiet and confident when you face adversity.

In this chapter we have established a foundation for Scripture meditation. In the next two chapters you will learn many additional scriptural truths that will help you to meditate effectively on the Word of God.

Chapter 9

Fill Your Heart with the Word of God

You have just learned valuable instructions from God pertaining to the vital importance of consistently meditating on His Word. If you face seemingly overwhelming problems, you should be like the psalmist who said, “My life dissolves and weeps itself away for heaviness; raise me up and strengthen me according to [the promises of] Your word.” (Psalm 119:28 AMP)

The psalmist had such a heavy burden that he wept. He prayed that God would strengthen him with promises from His Word. God will strengthen you with His supernatural promises if you faithfully obey His instructions to meditate day and night on the holy Scriptures. “My son, keep my words; lay up within you my commandments [for use when needed] and treasure them.” (Proverbs 7:1 AMP)

These words that King Solomon spoke to his son apply to you today. If you faithfully meditate day and night on God’s Word, you are doing something in the spiritual realm that can be compared to making deposits into a bank account in the natural realm. As this process continues over a period of time, you will store up more and more of God’s Word in your heart to draw upon when you need it.

God’s Word is a spiritual treasure. Your heart is like a spiritual bank account. This spiritual bank account will overflow with supernatural spiritual treasure if you faithfully obey

your Father's instructions to meditate day and night on His Word. "...he who looks carefully into the faultless law, the [law] of liberty, and is faithful to it and perseveres in looking into it, being not a heedless listener who forgets but an active doer [who obeys], he shall be blessed in his doing (his life of obedience)." (James 1:25 AMP)

This verse and the amplification refer to the Word of God as "the law of liberty." You will be set free from fear or whatever other problems you face if you consistently study and meditate on God's Word. If you obey your Father's instructions to meditate day and night on His Word, you will not be like someone who hears God's Word at church and then promptly forgets what he (or she) heard. Instead, you will do what God's Word tells you to do. Your Father will bless you abundantly for your obedience.

You should be like the psalmist David who said, "When I am afraid, I will trust in you. In God, whose word I praise, in God I trust; I will not be afraid. What can mortal man do to me?" (Psalm 56:3-4 NIV)

David knew what to do when he was tempted to be afraid. He trusted in God. He received strength from God's Word. David actually praised the Word of God. Your Father does not want you to be afraid of any circumstance you face or of anything a person may try to do to you. Why would you ever be afraid of anyone if you are absolutely certain that the Bible is inspired by God and you continually fill your heart with God's Word?

Praise God and thank Him continually. Saturate yourself in His supernatural living Word. Absolutely refuse to give in to fear for any reason.

Meditating on God's Word is very different from reading or studying the Bible. You cannot read and study the Bible throughout every day and night, but you can meditate day and night on the Word of God. We believe that you should read and study your Bible at a specific time each day, preferably in the morning (see Job 7:17-18, Psalm 43:8, Psalm 119:48 and Isaiah 50:4). You also should meditate on God's Word throughout the day and night as your Father has instructed you to do.

God created everyone with the ability to imagine and visualize. Unfortunately, many people use this God-given ability in the opposite way from what God intended. Your Father does not want you to visualize anything that you are tempted to fear.

He wants you to do just the opposite. He wants you to meditate so much on His supernatural living Word that fearful thoughts will not be able to obtain a foothold in your mind.

He wants you to speak His Word day and night just as Joshua 1:8 instructs you to do instead of talking about what you fear.

Some Eastern religions teach that your mind should be completely empty when you meditate. If your mind is empty, you give Satan's demons an opportunity to influence you. Instead of having an empty mind when you meditate, you should fill your mind consistently with God's Word.

Scripture meditation is similar to programming a computer. If you faithfully obey your Father's instructions to meditate day and night on His Word, you will be programming your mind and your heart with God's Word. You decide what you will program into a computer. You decide how consistently you will program your mind and your heart with God's Word.

If you faithfully obey your Father's instructions to meditate day and night on His Word, you ultimately will have hundreds and eventually thousands of instructions and promises from God's Word programmed into your heart (see Colossians 3:16). Your heart will overflow with the treasure of God's supernatural living Word.

You have seen that the Word of God is filled with the energy and power of God (see Hebrews 4:12). You will fill your heart with supernatural energy and encouragement from God if you consistently fill your heart with God's Word.

We believe that there is a direct relationship between your physical health and obeying God's specific instructions to meditate day and night on His Word. We believe that God intended for you to consistently strengthen your spirit, your soul and your body. God's Word heals both your mind and your body (see Proverbs 4:22).

Once again we want to emphasize that you cannot study the Word of God throughout the day and night, but you can meditate on God's Word continually. You can meditate on God's Word while you are driving your car, taking a shower or dressing. You can meditate on God's Word on your lunch break. You can meditate on God's Word while you work. If you need to make an important decision, close the door if possible and meditate on God's Word. Ask your Father to give you the answers you need. "The hearing ear and the seeing eye – the Lord has made both of them" (Proverbs 20:12 AMP)

God gave you eyes and ears to see and hear many things, but you cannot see and hear anything that is more important than to consistently fill your eyes and your ears with God's

Word. We recommend that you carry Scripture meditation cards with you to meditate on at every opportunity throughout the day and night.

You can make up your own 3x5 Scripture cards from the Scripture in this book and other verses of Scripture. You also will see at the end of this book that Lamplight Ministries has published ten sets of Scripture Meditation Cards with an accompanying CD for each set. If you find a topic in our Scripture Meditation Cards that meets your needs, we have done the work for you. You can carry a set of cards with you at all times. You can listen to the CD and also fill your eyes with specific verses of Scripture from these cards.

Your faith in God will increase steadily if you meditate day and night on His Word. The Bible says that faith comes from hearing the Word of God (see Romans 10:17). Your faith in God can increase if you hear anointed preachers and teachers speaking the Word of God, but we have found that your faith increases the most when your ears hear your mouth continually speaking God's Word as you meditate on it day and night.

We all know that deeply ingrained habits are hard to break. Good habits are just as hard to break as bad habits. You will be blessed abundantly if you develop the habit of faithfully obeying your Father's instructions to meditate day and night on His Word.

Many people who have never taken the time to meditate day and night on God's Word will obey these instructions if they are hurting badly enough. You must have strong motivation to consistently meditate day and night on God's Word. This motivation often will come from the severity of the problems you face.

God meant what He said when He instructed you to meditate day and night on His Word, but very few Christians obey these instructions. The Word of God is your spiritual food. Your loving Father wants you to be "...ever nourishing your own self on the truths of the faith and of the good [Christian] instruction ..." (I Timothy 4:6 AMP)

The words "ever nourishing" in this verse mean that you should feed yourself continually with supernatural truth from the Word of God. You eat your spiritual food by studying the Word of God. You digest this spiritual food by meditating day and night on God's Word.

When you meditate on God's Word, you chew on each verse of Scripture. You digest God's Word as it moves from your mind down into your heart. Meditating on God's Word is very important at all times, but we believe that meditating day and night will become

increasingly important as circumstances in the world become much worse during the final days before Jesus Christ returns.

The Word of God also is a spiritual seed (see Luke 8:11). Your heart is spiritual soil. If you faithfully meditate day and night on God's Word, you will continually sow good spiritual seeds from God into the spiritual soil of your heart. Jesus said, "...those sown on the good (well-adapted) soil are the ones who hear the Word and receive and accept and welcome it and bear fruit – some thirty times as much as was sown, some sixty times as much, and some [even] a hundred times as much." (Mark 4:20 AMP)

You will bear tremendous fruit if you faithfully plant the spiritual seeds of God's Word into the fertile soil of your heart by consistent Scripture meditation. Jesus promises you a return of 300%, 600% and even 1000% on your Scripture meditation.

Our book, *What Does God Say?*, provides many verses of Scripture for meditation. This book contains 1,221 verses of Scripture on 94 topics. You can look at the Table of Contents to choose the topics that you want to use in your Scripture meditation. You will find Scripture references and a clear and easy-to-understand explanation of the Scripture in each topic.

Your Father wants you to personalize your Scripture meditation. You can achieve this goal by selecting several Scripture references on any specific topic from this book or the Bible. You will receive help from God in whatever area you need help by meditating day and night on God's specific promises and instructions.

The Word of God is the sword of the Spirit (see Ephesians 6:17). God's Word is the offensive weapon that your Father has given you to attack Satan's demons. One of the most important things that you can do when you are tempted to be afraid is to consistently say what God says. Your Father wants you to immerse yourself in His Word by meditating on it day and night. He wants your faith in Him to increase steadily as your ears consistently hear your voice speaking His supernatural Word.

The best way that we know to explain how to meditate on God's Word is to explain what chronic worriers do when they worry. Chronic worriers think about their problems continually. They turn their worries over and over in the minds. They look at these potential problems from every conceivable angle. They visualize these problems taking place in their lives. They talk about these problems.

The principle of Scripture meditation is exactly the same, except that you are meditating on God's Word instead of meditating on whatever you are tempted to worry about. Instead of meditating on what you do not want to happen, you should meditate continually on what your Father promises will happen if you know what He promises and if you have absolute faith that He will do what He promises to do.

Chapter 10

Effective Scripture Meditation

Now that you have learned the importance of Scripture meditation and some general principles pertaining to meditation, we are ready to become much more specific. In this chapter we will explain our method of meditating on Scripture.

We believe that you should personalize whatever passage of Scripture you choose for Scripture meditation. Put this Scripture in the first person. Open your mouth day and night to repeatedly say what the Scripture you are meditating on says about you.

We will give you three examples of Scripture meditation. Some of the Scripture references in this chapter will be explained in more detail in subsequent chapters. In this chapter we have chosen verses of Scripture on specific topics. In subsequent chapters the verses from this chapter will be part of several Scripture references in the same chapter that are coordinated together.

Verse of Scripture to Meditate on:

“Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.”
(Isaiah 41:10 KJV)

Example of Scripture Meditation:

“Dear Father, I am not afraid of this problem that I face. I know that You are with me throughout every minute of every hour of every day of my life. You are Almighty God. You are much more powerful than this problem and any problem I will ever face. Thank You for Your indwelling presence and Your mighty power.

“I trust You completely to provide the supernatural strength that I must have to overcome this problem. Thank You for helping me and holding me up, dear Father. I am very grateful.

Thank You for this great promise. I have total, complete and absolute faith in You and in the absolute reliability of every promise You have made in Your Word.”

Verse of Scripture to Meditate on:

“...they who seek (inquire of and require) the Lord [by right of their need and on the authority of His Word], none of them shall lack any beneficial thing.” (Psalm 34:10 AMP)

Example of Scripture Meditation:

“Dear Father, I am absolutely certain that You will meet all of my needs. I am not afraid. I will not focus on the shortage I face. Instead, I will focus on You and all of Your promises to meet my needs. You always do exactly what You say You will do.

“You said that I will not lack any beneficial thing. This means that You will meet the need that I currently face if I persevere in my faith in You and absolutely refuse to give up. Thank You, dear Father, for meeting this need. I praise You and glorify You in the mighty and powerful name of the Lord Jesus Christ.”

Verse of Scripture to Meditate on:

“God is our Refuge and Strength [mighty and impenetrable to temptation], a very present and well-proved help in trouble.” (Psalm 46:1 AMP)

Example of Scripture Meditation:

“Dear Father, thank You for assuring me that You are with me as I face this challenge. You have proven again and again that You can and will bring me safely through whatever adversity I face. You will do this if I focus continually on the undeniable fact that You are with me and that You have promised to help me.

“Thank You, Father, for providing a refuge for me. Thank You for giving me Your supernatural strength. Your strength is more than sufficient to overcome this problem. You have helped many other people who are in trouble. I know that You will help me. Thank You, dear Father. Thank You. Thank You.”

These three examples will show you how we meditate on God’s Word. You will use different words as you personalize each verse of Scripture. The key is to take each promise that you are meditating on and personalize it as a promise that your loving Father has made directly to you.

You must consistently say what God says. Do not allow your ears to hear your mouth talking about the problem you face. Do not ignore the problem. Acknowledge the problem. Then focus continually on one or more specific promises from God to bring you safely through this problem.

You might choose to meditate repeatedly on one particular passage of Scripture. I (Jack) used to meditate on Philippians 4:13 one hundred times each day during my early months as a Christian when I faced bankruptcy and business failure. I used to write the number each time until I had meditated one hundred times on God's promise that I can do all things through His strength.

You might choose to meditate on several verses of Scripture that pertain to your specific need. Once again we recommend our book, *What Does God Say?*. This book contains 1,221 verses of Scripture on 94 topics.

Speak God's promises repeatedly. Let your ears continually hear your mouth saying what God says with absolute faith in God's mighty power and the absolute reliability of each of His promises. Fear cannot obtain a foothold in your mind and your heart if you are continually speaking God's supernatural living Word with absolute faith in your loving Father.

You have a wide and varied choice of Scripture for meditation. This book is filled with hundreds of promises from God's Word. You probably have other promises from your own Bible study.

We have mentioned our book, *What Does God Say?*. We also have written many other books that are filled with promises from God's supernatural living Word. Each of our ten sets of Scripture Meditation Cards contains approximately 75 verses for your meditation.

Constantly build your pile of Scripture meditation cards. Either use our cards or make your own. Carry these cards with you at all times. Whenever you are tempted to be afraid, meditate on the Scripture that you have chosen.

You should meditate on God's Word during each day and night when everything is going well in your life. You should meditate on God's Word throughout each day and night whenever you face seemingly severe adversity.

You are fighting a spiritual battle if you are tempted to be afraid. You fight spiritual battles with your mouth. You fight spiritual battles by continually saying what God says. You win spiritual battles by refusing to talk about whatever problems you face.

God is completely reliable. He means exactly what He says in His Word. Nothing on earth can even begin to approach the guarantee of reliability that your Father gives you in regard to every one of His promises. He stands 100% behind every promise in the Bible. “God is faithful (reliable, trustworthy, and therefore ever true to His promise, and He can be depended on)...” (I Corinthians 1:9 AMP)

If a person who is very close to you makes a promise to you, would you depend on this person to fulfill his or her promise? No matter how dependable this person may be, you can be absolutely certain that your loving Father is even more dependable.

If you have a close and intimate relationship with God, you will not doubt any of His promises. You will know that He will do exactly what He promises to do. As you continually speak specific promises that God has made to you, your faith in Him will increase steadily because your ears will hear your mouth boldly speaking God’s supernatural Word (see Romans 10:17).

Refuse to allow any negative thoughts to obtain a foothold in your mind and from there to drop down into your heart. Cleanse yourself of all negative thoughts. Absolutely refuse to give in to fear. Your Father wants your mind and your heart to be filled with His Word. Make the quality decision that you will meditate day and night on the Word of God just as your Father has instructed you to do.

King Solomon told his son that his words should not depart from his sight. This same principle applies to you. You must keep God’s Word in front of you throughout the day and night whenever you face adversity. Solomon said, “My son, let not them depart from thine eyes...” (Proverbs 3:21 KJV)

How can you keep God’s Word in front of your eyes? You can only do this by meditating day and night on the Word of God. Your Father wants you to focus on His Word continually. He does not want you to allow fearful thoughts to establish a foundation in your mind. He does not want you to dwell on the problems you face. He wants you to continually fill your eyes, your ears, your mind, your heart and your mouth with His supernatural living Word.

Your Father wants your heart to be filled with His Word because you have consistently meditated on the holy Scriptures as He has instructed you to do. If you meditate day and night on God’s Word over a period of months and years, your heart will be filled with the supernatural

power of the Word of God. Your heart will sing with joy because it is filled to overflowing with God's Word.

You cannot afford to allow fear to obtain a foothold in your heart. Instead of being discouraged by fearful thoughts, you should encourage yourself continually with a constant infusion of the supernatural living Word of God.

Your Father wants you to have a glad heart, not a heavy heart (see Proverbs 12:25). He wants your heart to continually sing with joy because you have meditated day and night on His supernatural promises. Jesus said, "...be on your guard, lest your hearts be overburdened and depressed (weighed down) with the giddiness and headache and nausea of self-indulgence, drunkenness, and worldly worries and cares pertaining to [the business of] this life..." (Luke 21:34 AMP)

Jesus warned you to be very careful about what you allow to get into your heart. Your heart should not be filled with self-centered concerns. You must not allow "worldly worries and cares" to get into your heart. Give your burdens to God. Leave them with Him (see Psalm 37:5 and 55:22, Proverbs 16:3 and I Peter 5:6-7). Absolutely refuse to allow any problems you face to bring fear into your heart. "...by sorrow of heart the spirit is broken." (Proverbs 15:13 AMP)

Your spirit will be broken if you allow fearful thoughts to obtain a foothold in your heart. "All the days of the desponding and afflicted are made evil [by anxious thoughts and forebodings], but he who has a glad heart has a continual feast [regardless of circumstances]." (Proverbs 15:15 AMP)

You will be depressed if you consistently think fearful thoughts. If your heart is filled with joy because it is filled with God's Word, you will not allow the circumstances that you face to pull you down. God's supernatural promises are much more powerful than any adversity you will ever face.

Your Father wants you to have a glad heart when you face adversity. He wants your heart to sing with joy because you have much more faith in Him and His great promises than you do in the seeming severity of whatever problems you face. Whatever you truly believe deep down in your heart ultimately will be manifested in your life. "...as he thinketh in his heart, so is he..." (Proverbs 23:7 KJV)

Your Father has consistently instructed you to fill your heart with His supernatural Word by Scripture meditation. Your deep heartfelt beliefs will draw God to help you in direct

proportion to your faith in Him. Jesus said, "...According to your faith and trust and reliance [on the power invested in Me] be it done to you." (Matthew 9:29 AMP)

Jesus spoke these words to two blind men before He healed them. He wants you to have deep, strong and unwavering faith that His resurrection power is more than sufficient to bring you through whatever problems you face. Jesus will honor your faith in Him if you fill your heart with the supernatural power of the living Word of God by faithfully meditating day and night on the holy Scriptures.

In this chapter we have explained how to meditate on the Word of God. We have explained that consistent meditation will enable your heart to be filled with God's supernatural Word. In the next chapter we will share additional Scripture with you about the vital importance of filling your heart with God's Word. We then will look into the holy Scriptures to see that whatever you truly believe in your heart will pour out of your mouth consistently.

Chapter 11

Consistently Say What God Says

You pour supernatural encouragement from God into your heart when you consistently meditate on the Word of God. We want to emphasize that the Bible is not referring to the organ in your body that pumps blood when it speaks of your heart. The Bible refers to the hidden person of your heart who lives within you (see I Peter 3:4). You should constantly feed your heart with supernatural spiritual food from God's Word.

You should feed your mind and your heart throughout every day and night of your life. You should feed yourself with a spiritual diet that is filled with supernatural nutrition from God's Word. Satan's demons want you to be heavy-hearted, depressed and discouraged. Your Father wants you to be glad-hearted, optimistic and encouraged.

The bad news of the world comes from the outside in. The good news of God comes from the inside out. The word "gospel" means good news. The good news of God's Word in your heart is much more powerful than the bad news that is continually poured out by the world's news media.

We now are ready to look into God's Word to learn the relationship between what you truly believe in your heart and the words that flow out of your mouth. You speak God's promises

boldly when you meditate on His Word. "...he who has My word, let him speak My word faithfully. What has straw in common with wheat [for nourishment]? says the Lord. Is not My word like fire [that consumes all that cannot endure the test]? says the Lord, and like a hammer that breaks in pieces the rock [of most stubborn resistance]?" (Jeremiah 23:28-29 AMP)

God's Word is filled with the supernatural power of God. Your Father wants this great power to fill your heart and to pour out of your mouth continually. This passage of Scripture compares the power of God's Word to a raging fire that consumes everything in its path. The Word of God is compared to a hammer that is able to break an extremely hard rock into pieces.

You will release enormous spiritual power if you consistently fill your heart with God's Word and speak God's Word continually. Nothing that might tempt you to be afraid will be able to obtain a foothold in your life if you continually speak God's Word as you meditate day and night on the holy Scriptures.

The cumulative flow of faith-filled words that pours out of your mouth will have an enormous impact on your life. Your Father repeatedly instructs you to speak His Word boldly. Jesus said, "...Have faith in God [constantly]. Truly I tell you, whoever says to this mountain, Be lifted up and thrown into the sea! and does not doubt at all in his heart but believes that what he says will take place, it will be done for him." (Mark 11:22-23 AMP)

Jesus wants your faith in God to be constant. He instructs you to speak to the mountains in your life. If you have absolute faith that Jesus won a total victory for you, you will boldly speak God's Word against whatever problems you face.

You will have absolute faith that God's promises that you are speaking will come into manifestation in your life. The cumulative effect of the words that you speak when you face adversity will greatly influence will happen in your life.

If you consistently talk about the things that you fear, you will bring these things into manifestation in your life. If you consistently speak God's Word as you meditate on the holy Scriptures, the cumulative flow of these words that you speak will bring God's promises into manifestation.

All of the words that you speak when you face adversity should line up with God's Word. You must not allow fearful thoughts to come out of your mouth. "... my mouth shall utter truth, and wrongdoing is detestable and loathsome to my lips." (Proverbs 8:7 AMP)

God's Word is the truth (see John 17:17). Satan and his demons are liars (see John 8:44). Your Father wants you to continually say what He says as you faithfully meditate day and night on His Word. If you do not do this, you can be "...trapped by what you said, ensnared by the words of your mouth." (Proverbs 6:2 NIV)

This verse uses the word "ensnared." A snare is a trap that is used to catch small animals. In the spiritual realm a snare is a trap that Satan's demons set for you. You must not allow Satan's demons to trap you with their deceitful lies.

You should be determined that God's instructions and promises will flow out of your mouth as you meditate day and night on His supernatural Word. "He who guards his mouth keeps his life, but he who opens wide his lips comes to ruin." (Proverbs 13:3 AMP)

You should "guard" the words that come out of your mouth. The words that you consistently speak definitely will affect the quality of your life. If you can even begin to comprehend the immense spiritual power of your words, you will consistently study and meditate on God's Word. You will be determined that your words and God's Word will be one and the same.

Jesus said that the goal of Satan and his demons is to destroy you (see John 10:10). The words that continually flow out of your mouth ultimately can determine whether you will live or die. Absolutely refuse to say what Satan wants you to say. Be determined to consistently say what God says. "Whoso keepeth his mouth and his tongue keepeth his soul from troubles." (Proverbs 21:23 KJV)

Many people bring trouble into their lives because they do not know and obey God's instructions. They bring trouble into their lives by the words that they speak. You must understand what the word "soul" means when this verse speaks of keeping your soul from trouble.

Your soul consists of your mind, your emotions and your will. You will keep your mind in alignment with God if you meditate continually on His Word. Your will consists of the decisions that you make. You will make the decisions that God wants you to make if you program yourself day and night with His Word.

Now that you have learned about the great spiritual power of the words that you speak, you are ready to learn how to determine the words that will come out of your mouth, particularly when you face severe pressure. You cannot control the words that you speak through sheer

willpower. "...the tongue can no man tame; it is an unruly evil, full of deadly poison." (James 3:8 KJV)

This verse says that no human can control his or her tongue. If you consistently acknowledge the evil deception of Satan, spiritual poison will pour out of your mouth.

You must understand that there is only one way to determine the words that you speak when you are under pressure. Jesus said, "...out of the fullness (the overflow, the superabundance) of the heart the mouth speaks. The good man from his inner good treasure flings forth good things, and the evil man out of his inner evil storehouse flings forth evil things." (Matthew 12:34-35 AMP)

Your heart should be so full of God's Word because of your Scripture meditation that the words that you consistently speak will flow out of an abundance of the Word of God in your heart. If you have meditated faithfully on God's Word over a period of time, you will have hundreds and even thousands of verses of Scripture stored up in your heart.

This "superabundance" of God's Word in your heart will pour out of your mouth regardless of the problems you face. You will not make the mistake of speaking words that do not line up with God's Word.

Some people who seem to be religious cause their religious beliefs to be negated by the words that they consistently speak. "If anyone thinks himself to be religious (piously observant of the external duties of his faith) and does not bridle his tongue but deludes his own heart, this person's religious service is worthless (futile, barren)." (James 1:26 AMP)

The word "bridle" describes a head harness that is used to guide a horse. This bridle is controlled by a bit which is a metal mouthpiece. This small bit can be used to effectively control the actions of a very large horse. When you bridle your tongue, you control the words that come out of your mouth just as a horse is controlled by the bit in its mouth.

This same principle applies to controlling a large ship. "If we set bits in the horses' mouths to make them obey us, we can turn their whole bodies about. Likewise, look at the ships: though they are so great and are driven by rough winds, they are steered by a very small rudder wherever the impulse of the helmsman determines. Even so the tongue is a little member, and it can boast of great things. See how much wood or how great a forest a tiny spark can set ablaze!" (James 3:3-5 NIV)

Your tongue is very small compared to the size of your body, but your tongue can wield immense spiritual power. God compares the great power of a small bit in a horse's mouth to the power of your tongue. He compares the power of a small rudder that controls a large ship to the power of your tongue. He explains that powerful forest fires have started from a small spark. You must not underestimate the immense power of the words that continually flow out of your mouth.

You must understand that the words you speak when you face adversity are determined by what you truly believe in your heart. You must understand that what you truly believe in your heart is determined by whether or not you have faithfully obeyed your Father's instructions to meditate day and night on His Word.

The atmosphere around you is filled with Satan's demons and with God's angels. You determine whether your words will activate Satan's demons or release the power of God's mighty angels to minister to you and for you. The Bible speaks of "...you His angels, you mighty ones who do His commandments, hearkening to the voice of His word." (Psalm 103:20 AMP)

This verse explains that the mighty power of angels is activated when your words line up with God's Word. Satan's demons and God's angels in the atmosphere around you pay very close attention to the words that you speak. Satan's demons want you to give voice to their deceptive lies. God's angels want to hear you boldly speaking God's Word.

Angels are activated when God speaks directly to them. Angels also are activated when you speak God's Word with deep, strong and unwavering faith in God. If you consistently meditate on God's Word, angels will be activated to work on your behalf. The words that you speak as you meditate will line up with God's Word. These words will block Satan's demons from influencing your life to deny God's Word.

Your mind cannot think of two things at the same time. Fear cannot get into your mind and your heart if you continually speak God's Word as you meditate day and night on the holy Scriptures.

Fear cannot get into your mind and your heart if you consistently thank God and praise Him. Your heart should overflow with gratitude toward God. Words of praise and thanksgiving should pour out of your mouth (see Psalm 113:3 and Hebrews 13:15).

This chapter is filled with vitally important truth from God's Word pertaining to the supernatural power of the words that flow out of your mouth. The last four chapters have been filled with great spiritual truth pertaining to Scripture meditation. We pray that these scriptural instructions will convince you, if you are not already doing so, to meditate day and night on God's Word. Scripture meditation is important at all times. It is even more important when you face adversity.

Now that we have established the importance of Scripture meditation and the words that you speak, we are ready to study the relationship between not being afraid and your certainty that God is with you at all times. You must understand that God lives in your heart if Jesus Christ is your Savior. If you meditate continually on Scripture saying that God lives in you and that He is with you at all times, your words will clearly indicate your absolute faith in the indwelling presence of God.

Chapter 12

God's Power is Much Greater Than Any Problem

Before we study the verses of Scripture that tell you not to be afraid because God is with you, we first will study several verses that clearly explain the mighty supernatural power of God Who lives in the heart of every Christian. "Alas, Lord God! Behold, You have made the heavens and the earth by Your great power and by Your outstretched arm! There is nothing too hard or too wonderful for You" (Jeremiah 32:17 AMP)

Nothing is too difficult for God. He is so mighty and so powerful that He created heaven and earth. The same God who created heaven and earth is with you at all times. No problem that you will ever face is too difficult for Him. "He determines and counts the number of the stars; He calls them all by their names. Great is our Lord and of great power; His understanding is inexhaustible and boundless." (Psalm 147:4-5 AMP)

There are so many billions of stars that astronomers cannot measure the number of stars. God knows the name of every one of the billions of stars He has created. God is great and mighty and powerful. He understands everything.

No problem is too difficult for God. "Yours, O Lord, is the greatness and the power and the glory and the victory and the majesty, for all that is in the heavens and the earth is Yours;

Yours is the kingdom, O Lord, and Yours it is to be exalted as Head over all. Both riches and honor come from You, and You reign over all. In Your hands are power and might; in Your hands it is to make great and to give strength to all.” (I Chronicles 29:11-12 AMP)

God reigns over everything in heaven and everything on earth. His strength and power are beyond the limits of human comprehension. God promises to “give strength to all.” The word “all” includes you (see Psalm 29:11, Isaiah 12:2 and 40:28-31, II Corinthians 12:9-10, Ephesians 6:10 and Philippians 4:13).

If you are tempted to be afraid, you should meditate on these verses of Scripture pertaining to the mighty power of God. “...Blessed be the name of God for ever and ever: for wisdom and might are his: And he changeth the times and the seasons: he removeth kings, and setteth up kings: he giveth wisdom unto the wise, and knowledge to them that know understanding” (Daniel 2:20-21 KJV)

God is so powerful that He controls everything on earth. He decrees when winter will become spring, when spring will become summer, when summer will become fall and when fall will turn into winter. He instructs the birds when they should fly south and when they should return to the north. He is able to direct the activities of the rulers of every country (see Proverbs 16:9).

He will give you the wisdom and understanding that you need (see Proverbs 4:5-6, Ecclesiastes 2:26 and James 1:5-8). “...the Lord our God the Omnipotent (the All-Ruler) reigns!” (Revelation 19:6 AMP)

You can be absolutely certain that God is much greater and much more powerful than any problem you have ever faced, any problem you face now and any problem you will face. You must not be afraid of anything. “...with God nothing is ever impossible and no word from God shall be without power or impossible of fulfillment.” (Luke 1:37 AMP)

The word “nothing” in this verse includes whatever problem you face at this time. Refuse to focus on the seeming severity of any problem that you face. Problems that seem to you to have no solution are not impossible for God to solve.

The last portion of this verse of Scripture says that no word from God is “without power or impossible of fulfillment.” Every word in every verse of Scripture that you meditate on is solidly anchored upon the mighty power of God. Your Father stands completely behind every promise in His Word.

The apostle Paul prayed that the Ephesians would understand the immensity of God's power. "...[so that you can know and understand] what is the immeasurable and unlimited and surpassing greatness of His power in and for us who believe, as demonstrated in the working of His mighty strength, which He exerted in Christ when He raised Him from the dead and seated Him at His [own] right hand in the heavenly [places]" (Ephesians 1:19-20 AMP)

The words "immeasurable and unlimited and surpassing greatness" explain how powerful God is. There is no limit to God's power. The words "for us who believe" are extremely important. You will receive manifestation of God's power in your life in direct proportion to your faith in Him.

God is so mighty and so powerful that He was able to raise Jesus Christ from the dead and place Him at His right hand in heaven. If God was able to raise Jesus from the dead and you are absolutely certain that He is with you at all times, why would you ever be afraid of any problem you face? "...The Lord has His way in the whirlwind and in the storm, and the clouds are the dust of His feet." (Nahum 1:3 AMP)

God always has His way. He is in complete control of every storm in your life. You must have absolute faith that He can and will solve every problem you face. He will solve these problems if you trust Him completely and if you persevere in your faith in Him, absolutely refusing to give up. Jesus said, "...If thou canst believe, all things are possible to him that believeth." (Mark 9:23 KJV)

The words "all things" in this verse include whatever problem you face at this time. Refuse to focus on any problem you face, no matter how formidable it may appear. God is so great, so mighty and so powerful that you cannot even begin to comprehend the magnitude of His power. "...His greatness is [so vast and deep as to be] unsearchable." (Psalm 145:3 AMP)

Job faced many obstacles in his life. He did not give up because he focused on the mighty power of God instead of allowing the problems that he faced to overwhelm him. "...Job said to the Lord, I know that You can do all things, and that no thought or purpose of Yours can be restrained or thwarted." (Job 42:1-2 AMP)

The words "all things" in this passage of Scripture include whatever problem you face at this time, no matter how difficult it may seem. Nothing can stop God except your ignorance of these mighty promises of His supernatural power or doubt and unbelief that He can and will help you.

You should have a continual consciousness of the supernatural power of God so “...that you may be filled [through all your being] unto all the fullness of God [may have the richest measure of the divine Presence, and become a body wholly filled and flooded with God Himself]! Now to Him Who, by (in consequence of) the [action of His] power that is at work within us, is able to [carry out His purpose and] do superabundantly, far over and above all that we [dare] ask or think [infinitely beyond our highest prayers, desires, thoughts, hopes, or dreams]” (Ephesians 3:19-20 AMP)

This passage of Scripture combines great truth about God’s supernatural power with assurance of His indwelling presence. Your Father wants you to be filled with constant awareness of His mighty indwelling power. There is no limit on what God Who lives in your heart can do in your life. He can do much more than you can even begin to comprehend.

Do not be afraid of any problem that you face, no matter how difficult this problem may seem. Meditate continually on the Scripture in this chapter pertaining to the supernatural power of Almighty God. Now that we have studied these great promises pertaining to the mighty power of God, we are ready to study several additional verses of Scripture that will assure you that Almighty God is with you at all times and that He will help you if you trust Him totally, completely and absolutely.

Chapter 13

God is with You at All Times

Jesus Christ is your example in every area of your life. Jesus knew the tremendous ordeal that He would face when He came to earth. He trusted God completely because He was absolutely certain that His loving Father was with Him at all times. Jesus said, “...He Who sent Me is ever with Me; My Father has not left Me alone...” (John 8:29 AMP)

We know that the Holy Spirit actually led Jesus into the desert to be tempted by the devil (see Matthew 4:1). Jesus went forty days and forty nights without food. Satan continually tried to get into Jesus’ mind when He was in this weakened condition (see Matthew 4:2-11). Jesus refused to surrender. The words that you just read in John 8:29 clearly indicate that Jesus knew that God was with Him throughout this ordeal.

Jesus performed great miracles during His earthly ministry. He was continually conscious that these miracles were done through Him, not by Him. Jesus said, "...the Father Who lives continually in Me does the (His) works (His own miracles, deeds of power)." (John 14:10 AMP)

Please note that Jesus used the words "the Father Who lives continually in Me" in this verse of Scripture. Jesus was always conscious of God's indwelling presence. Every aspect of His life throughout His earthly ministry was centered around His constant awareness of God's indwelling presence.

The same mighty God that you read about in Chapter 12 and the same mighty God Who performed tremendous miracles through Jesus Christ lives in your heart today if Jesus is your Savior. God's mighty power will work in you, through you and for you just as His supernatural power was released in and through Jesus during His earthly ministry.

Unbelievers have good reason to be afraid because God is not with them. "...you had no hope (no promise); you were in the world without God." (Ephesians 2:12 AMP)

The hope of unbelievers is based on favorable external circumstances. They often will give in to fear because they do not live in communion with the Father, the Son and the Holy Spirit. Their hearts are not filled with God's Word as a result of consistent Scripture meditation.

In Chapter 8 we spoke of Joshua succeeding Moses as the leader of Israelites when he was a young man. Moses was 120 years old. He knew that the time had come for him to step aside. Moses reassured Joshua by saying, "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)

Moses knew that Joshua would be tempted to be afraid because he was young and relatively inexperienced. Moses assured Joshua that God was with him and that He would not fail him or forsake him. Moses urged Joshua not to be afraid.

Moses continued to reassure Joshua when he said, "It is the Lord Who goes before you; He will [march] with you; He will not fail you or let you go or forsake you; [let there be no cowardice or flinching, but] fear not, neither become broken [in spirit—depressed, dismayed, and unnerved with alarm]." (Deuteronomy 31:8 AMP)

Moses wanted to be certain that Joshua did not give in to fear. He emphasized through repetition by saying some of the same things he had said previously. He assured Joshua that God

would be with him at all times and that He would not fail him or forsake him. He emphasized again that Joshua should not be afraid.

These instructions that Moses gave to Joshua also apply to you. If Jesus Christ is your Savior, God is with you at all times. You can be absolutely certain that your loving Father will never leave you or forsake you.

Continue to meditate on the Scripture in this chapter. This Scripture clearly shows you that this same mighty and powerful God is with you at all times. God spoke to Joshua saying, “Have not I commanded you? Be strong, vigorous, and very courageous. Be not afraid, neither be dismayed, for the Lord your God is with you wherever you go.” (Joshua 1:9 AMP)

Please notice that God commanded Joshua not to be afraid. God assured Joshua just as Moses did that He was with him at all times. Why would you ever be afraid of anything if you are absolutely certain that Almighty God is with you continually?

This same command applies to you today. Refuse to give in to fear. “Fear not [there is nothing to fear], for I am with you; do not look around you 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 of rightness and justice.” (Isaiah 41:10 AMP)

Your loving Father tells you again and again that you should not be afraid because He is with you. You can be certain that God will strengthen you, help you and hold you up in direct proportion to your faith in Him.

You will never be afraid of anyone or anything if you are absolutely certain that Almighty God lives in your heart. If you focus continually on this relationship instead of focusing on whatever you are tempted to be afraid of, you will be like the psalmist who said, “The Lord is on my side; I will not fear. What can man do to me?” (Psalm 118:6 AMP)

The Word of God repeatedly instructs you not to be afraid because God is with you at all times. “...He [God] Himself has said, I will not in any way fail you nor give you up nor leave you without support. [I will] not, [I will] not, [I will] not in any degree leave you helpless nor forsake nor let [you] down (relax My hold on you)! [Assuredly not!] So we take comfort and are encouraged and confidently and boldly say, The Lord is my Helper; I will not be seized with alarm [I will not fear or dread or be terrified]. What can man do to me?” (Hebrews 13:5-6 AMP)

Your Father wants you to be certain that He will never fail you, leave you or forsake you. He wants you to be certain that He will help you. He does not want you to be afraid of anyone or anything. God said, "...behold, I am with you and will keep (watch over you with care, take notice of) you wherever you may go..." (Genesis 28:15 AMP)

You can be absolutely certain that God is with you and that He is watching over you at all times. God said, "When you pass through the waters, I will be with you, and through the rivers, they will not overwhelm you. When you walk through the fire, you will not be burned or scorched, nor will the flame kindle upon you." (Isaiah 43:2 AMP)

Please note that the word "through" is used three times in this one verse of Scripture. God promises to bring you safely through whatever problems you face if you will persevere in your faith in Him. Refuse to give up. This promise that God made to the Israelites applies to you today.

We now will look again at a verse of Scripture that we studied in Chapter 10 where we used this verse as an example for Scripture meditation. "God is our Refuge and Strength [mighty and impenetrable to temptation], a very present and well-proved help in trouble." (Psalm 46:1 AMP)

Are you in trouble? Have faith in God. You can be certain that God is right there with you. He has proven again and again that He will help people who are in trouble. God's strength is so great that He cannot be denied. God said, "...I will be with him in trouble; I will deliver him..." (Psalm 91:15 KJV)

Our generation lives in the last days before Jesus Christ returns. Very difficult times are coming upon the world (see II Timothy 3:1). When these difficult times come, you can be absolutely certain that Jesus Christ is with you at all times. Jesus said, "...I am with you all the days (perpetually, uniformly, and on every occasion), to the [very] close and consummation of the age...." (Matthew 28:20 AMP)

The Bible says that men's hearts will fail them because of fear of the difficult times that will be coming upon the world (see Luke 21:26). We do not know when these times will come, but we do know that severe adversity is coming upon the world. If you are alive during these difficult times, you can be certain that Jesus is with you. He has assured you that He will be with you continually until the end of the world.

Would you be afraid of someone who was trying to harm you if a squadron of armed soldiers was standing guard over you? You have Someone Who is with you at all times Who is much mightier and much more powerful than any number of soldiers.

No matter how difficult the problems you face may seem, your Father is not concerned in the least with His ability to solve these problems (see Jeremiah 32:17 and Luke 1:37). His only concern is in regard to your faith in Him. Will you identify with the adversity you face or will you identify with the supernatural power of God Who is always with you? You must not block God's mighty power through doubt and unbelief (see Mark 6:1-6, John 20:27-29, Hebrews 3:16 and James 1:6-8).

This chapter is filled with Scripture references that repeatedly instruct you not to be afraid because God is with you at all times. If you are tempted to be afraid, go back and meditate day and night on these supernatural promises from God. Immerse yourself in these passages of Scripture. Fear cannot get into your mind if you are continually meditating on these magnificent promises from God.

Chapter 14

God Lives in Your Heart

Your Father loves you with an incredible love that is beyond the limitations of your human understanding. You should refuse to be afraid because you are certain that your loving Father lives inside of you. "...The beloved of the Lord shall dwell in safety by Him; He covers him all the day long, and makes His dwelling between his shoulders." (Deuteronomy 33:12 AMP)

Your Father will keep you safe throughout every day of your life if you trust Him completely. He lives in your heart. He is with you at all times. "One God and Father of [us] all, Who is above all [Sovereign over all], pervading all and [living] in [us] all" (Ephesians 4:6 AMP)

Why would you ever be afraid of anything if you are absolutely certain that the same God Who sits on His throne in heaven also lives in your heart? God is omnipresent. He is able to sit on His throne in heaven and at the same time live in the heart of every person on earth.

God is above all. He is the sovereign ruler over everyone and everything on earth. Please notice that the word “all” is used five times in this short verse. Your Father definitely wants to emphasize that He does live in your heart. “The Lord your God is in the midst of you, a Mighty One...” (Zephaniah 3:17 AMP)

If you are tempted to be afraid, focus on the mighty power of God Who lives in your heart. The greatest power in the entire universe is inside of you. Your loving Father is your constant Companion. If Jesus Christ is your Savior, you have supernatural power in your heart that is much more powerful than anyone or anything on earth. Refuse to be discouraged. Do not give in to fear.

You have just read three verses of Scripture that assure you that your loving Father lives in your heart. You also can have absolute faith that His beloved Son, Jesus Christ, lives in your heart. “May Christ through your faith [actually] dwell (settle down, abide, make His permanent home) in your hearts!...” (Ephesians 3:17 AMP)

You can have absolute faith that the same Jesus Christ Who is your Savior makes His home in your heart. You should be like the apostle Paul who said, “...it is no longer I who live, but Christ (the Messiah) lives in me; and the life I now live in the body I live by faith in (by adherence to and reliance on and complete trust in) the Son of God, Who loved me and gave Himself up for me.” (Galatians 2:20 AMP)

Because your Messiah and Savior lives in your heart, you should not attempt to control your life. Let go. Give up control of your life to Jesus Who lives in you. Every aspect of your life should be solidly anchored upon the indwelling presence of Jesus Christ. You must have more than just intellectual knowledge that Jesus lives in your heart. You must have deep, strong and absolute faith that the same Jesus Christ Who died for your sins really does live in your heart throughout every minute of every hour of every day of your life.

As you grow and mature as a Christian you should have an increasing awareness that Jesus lives in your heart. Is your awareness of His indwelling presence increasing? Is this awareness much greater now than it was a year ago? ...two years ago? ... three years ago? “... Do you not yourselves realize and know [thoroughly by an ever-increasing experience] that Jesus Christ is in you?...” (II Corinthians 13:5 AMP)

If you meditate day and night on these verses of Scripture, you will be absolutely certain that the same Jesus Christ Who won the greatest victory of all time really does make His home in

your heart. “All who keep His commandments [who obey His orders and follow His plan, live and continue to live, to stay and] abide in Him, and He in them. [They let Christ be a home to them and they are the home of Christ.]...” (I John 3:24 AMP)

The word “all” in this verse includes you. Are you doing your best to consistently learn and obey God’s instructions? Are you doing your best to consistently seek and carry out God’s plan for your life?

You are instructed to “abide” in Jesus Christ just as He abides in you. If you are highly motivated to learn and obey God’s instructions and to seek, find and carry out God’s will for your life, you will abide in Jesus and He will abide in you. Your interests and goals will be the same as His interests and goals. Your consistent obedience and complete dedication will make you one with Him.

If you are absolutely certain that Jesus lives in your heart, you will never give in to fear, no matter how severe the problems that you face may seem. You will do what Jesus instructed His disciples to do when they faced a severe storm. “And suddenly, behold, there arose a violent storm on the sea, so that the boat was being covered up by the waves; but He was sleeping. And they went and awakened Him, saying, Lord, rescue and preserve us! We are perishing! And He said to them, Why are you timid and afraid, O you of little faith? Then He got up and rebuked the winds and the sea, and there was a great and wonderful calm (a perfect peaceableness). And the men were stunned with bewildered wonder and marveled, saying, What kind of Man is this, that even the winds and the sea obey Him!” (Matthew 8:24-27 AMP)

Jesus was not afraid when His disciples faced this severe storm. He was so calm that He was sound asleep in the midst of the storm. His disciples were just the opposite. They awakened Him because they were filled with fear. Jesus rebuked the storm. Everything became calm. The disciples were amazed that Jesus was so powerful.

The same Jesus Christ Who rebuked this violent storm lives in your heart today if He is your Savior. Do not be afraid. Know that the mighty, powerful and victorious Jesus Christ Who lives in your heart is much greater than any adversity you will ever face. “...everyone born of God overcomes the world. This is the victory that has overcome the world, even our faith. Who is it that overcomes the world? Only he who believes that Jesus is the Son of God.” (I John 5:4-5 NIV)

Have you been born again (see John 3:3-8)? Is Jesus Christ your Savior? If not, please carefully study and obey the scriptural instructions in the Appendix in the back of this book. If Jesus is your Savior, you can be certain that you can overcome every problem you will face because of the tremendous victory that Jesus won for you. "...thanks be to God, Who in Christ always leads us in triumph [as trophies of Christ's victory]..." (II Corinthians 2:14 AMP)

You now have read that God Himself lives in your heart. You have seen that Jesus Christ lives in your heart. The Bible also assures you that the Holy Spirit lives in your heart. "...God's Spirit has His permanent dwelling in you [to be at home in you, collectively as a church and also individually]..." (I Corinthians 3:16 AMP)

If Jesus Christ is your Savior, the Holy Spirit makes His permanent home in your heart. The Holy Spirit is omnipresent. The same Holy Spirit Who lives in your heart also lives in the heart of every other person who has received Jesus Christ as his or her Savior. "...if anyone does not possess the [Holy] Spirit of Christ, he is none of His [he does not belong to Christ, is not truly a child of God]." (Romans 8:9 AMP)

If you are a child of God, you can be absolutely certain that the Holy Spirit lives in your heart. "Do you not know that your body is the temple (the very sanctuary) of the Holy Spirit Who lives within you, Whom you have received [as a Gift] from God?..." (I Corinthians 6:19 AMP)

You did not earn the privilege of the mighty and powerful Holy Spirit living in your heart. You do not deserve to have the Holy Spirit living in your heart. If Jesus Christ is your Savior, God, in His marvelous grace, has given the Holy Spirit to you as a gift from Him. "...My Spirit stands and abides in the midst of you; fear not." (Haggai 2:5 AMP)

You are specifically instructed not to be afraid because the Holy Spirit lives in your heart. If you have studied the Book of Acts, you have read about the many miracles that were performed by the disciples after the Holy Spirit took up residence in their hearts. The same Holy Spirit Who performed these great miracles through the disciples lives in your heart today if Jesus Christ is your Savior. "...He Who lives in you is greater (mightier) than he who is in the world." (I John 4:4 AMP)

The Holy Spirit Who lives in your heart is much greater and much more powerful than anyone or anything in the world. Do not be afraid. You can be absolutely certain that God the Father, God the Son and God the Holy Spirit live in your heart. "...you are in Him, made full and

having come to fullness of life [in Christ you too are filled with the Godhead – Father, Son and Holy Spirit—and reach full spiritual stature]. . . .” (Colossians 2:10 AMP)

The words “the Godhead” in the amplification of this verse refer to Father, Son and Holy Spirit. You are a spiritual powerhouse if Jesus Christ is your Savior. You should be continually conscious that God the Father, Jesus Christ and the Holy Spirit all live in your heart. You will not be afraid of anything if you are continually conscious of the indwelling presence of your loving Father, His beloved Son Jesus Christ and the mighty and powerful Holy Spirit.

Chapter 15

Overcome Fear Because You Have Absolute Faith in God

Your faith in God should be very strong now that you have read these magnificent scriptural truths about God being with you at all times. You have seen that God the Father, God the Son and God the Holy Spirit make Their permanent home in your heart if Jesus Christ is your Savior. In this chapter we will look into God’s Word for encouraging truth about being set free from all fear because of your faith in God.

You will trust God completely if your faith in Him is deep, strong and unwavering. Every aspect of your life will be centered around Him. He will guide you throughout every day of your life. “A man’s mind plans his way, but the Lord directs his steps and makes them sure.” (Proverbs 16:9 AMP)

You can turn to the Lord with absolute faith that He will direct your steps. He knows exactly what to do when you do not know what to do. “...the Lord knows how to rescue the godly out of temptations and trials...” (II Peter 2:9 AMP)

You must not be afraid when you face seemingly difficult problems that appear to have no solution. Meditate continually on God’s Word with absolute faith that God always does exactly what He has promised to do. Your Father wants you to know a large number of His promises as a result of consistent Bible study and Scripture meditation. He wants you to be able to reach down inside of yourself to draw up appropriate promises that pertain to any specific area of need in your life.

You should begin by trusting God for the small everyday needs in your life. Persevere in your faith that God cares about the seemingly little things in your life and that He will help you.

If you do, your faith in Him will increase. Jesus said, “He who is faithful in a very little [thing] is faithful also in much...” (Luke 16:10 AMP)

We will give some instructions in this book about increasing your faith in God. You can find many additional instructions about increasing your faith in God in our book titled *Unshakable Faith in Almighty God* and in our Scripture Meditation Cards titled *Continually Increasing Faith in God*.

Your Father wants your faith in Him to be completely independent of circumstances. Satan’s demons will try to cause you to be afraid when circumstances are not going the way you would like them to go. If you have deep, strong and unwavering faith in God, the circumstances you face will not deter you. Your life will not be based on what happens or does not happen.

Satan’s demons want your life to be governed by the seeming severity of the problems you face. Your Father continually emphasizes that He wants you to have absolute faith in Him regardless of the seeming severity of any adversity you face. You sin against God if you do not trust Him. “...whatever does not originate and proceed from faith is sin [whatever is done without a conviction of its approval by God is sinful].” (Romans 14:23 AMP)

You have learned that your Father has told you more than three hundred times in His Word that He does not want you to be afraid. If you disobey these instructions from God, you are sinning. God will forgive you. Go to Him and admit that you have sinned by being afraid. Repent of this sin. Ask your loving Father to forgive you. He will forgive you. “If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.” (I John 1:9 KJV)

Trust God completely regardless of the seeming severity of any adversity you face. “Let us all come forward and draw near with true (honest and sincere) hearts in unqualified assurance and absolute conviction engendered by faith (by that leaning of the entire human personality on God in absolute trust and confidence in His power, wisdom, and goodness)...” (Hebrews 10:22 AMP)

We like the amplification at the end of this verse. Your Father instructs you to lean on Him at all times. He instructs you to have absolute trust and confidence in Him.

God’s supernatural power will come into manifestation in your life in direct proportion to your trust and confidence in Him. “As you have therefore received Christ, [even] Jesus the Lord, [so] walk (regulate your lives and conduct yourselves) in union with and conformity to Him.

Have the roots [of your being] firmly and deeply planted [in Him, fixed and founded in Him], being continually built up in Him, becoming increasingly more confirmed and established in the faith..." (Colossians 2:6-7 AMP)

You receive Jesus Christ as your Savior by having absolute faith that He really did leave the glory of heaven to pay the full price for your sins by dying a horrible death from crucifixion. Your Father wants you to have faith throughout your life just as you did when you were saved. He wants every aspect of your life to revolve around Him. He wants your faith in Him to be so deeply rooted that you will never be afraid of anything because you will always turn to Him with complete confidence.

Your Father has given you His Word, the Bible, that is filled with thousands of specific instructions and promises from Him. He wants you to continually learn and obey His instructions. He wants you to trust Him totally, completely and absolutely at all times. As we explained in Chapters 8-10, your faith in God should be solidly anchored upon your heart being filled with His Word as a result of consistent Scripture meditation.

If you meditate day and night on God's Word, you will fill your heart with the Word of God. As your ears hear your mouth continually speaking God's Word as you meditate on it, your faith in God will steadily increase. "...The Word (God's message in Christ) is near you, on your lips and in your heart; that is, the Word (the message, the basis and object) of faith..." (Romans 10:8 AMP)

Fear will not be able to overcome you if your mind and your heart are filled with God's Word as a result of consistent Bible study and Scripture meditation over a sustained period of time. "Let the word [spoken by] Christ (the Messiah) have its home [in your hearts and minds] and dwell in you in [all its] richness..." (Colossians 3:16 AMP)

God did not intend for His Word to have its home on a desk, shelf or bookcase. The Bible will not be effective in your life just because it sits on a piece of furniture in your home. The Bible will only be effective to the degree that it fills your mind and your heart.

If your heart is filled with God's Word, you will not allow seemingly difficult problems to cause you to be afraid. You will be like a young boy named David who was able to defeat a mighty giant named Goliath.

David was not afraid when he faced Goliath. David had absolute faith that the same God Who previously had delivered him from a fierce lion and a powerful bear would give him victory over this giant.

If you have steadily increased your faith in God over a period of years, you will be able to go back to times in the past when God brought you safely through adversity. You will not be afraid. You will be like David who said, “The Lord Who delivered me out of the paw of the lion and out of the paw of the bear, He will deliver me out of the hand of this Philistine...” (I Samuel 17:37 AMP)

We see another example of great faith in God in the following story about an elderly man and his wife. When Abraham was one hundred years old and his wife was ninety, God told Abraham that Sarah would give birth to a son.

Even though this statement seemed to be absolutely impossible at their advanced age, Abraham’s faith in God was so strong that he had absolute faith that God would do exactly what He promised to do. “...being not weak in faith, he considered not his own body now dead, when he was about an hundred years old, neither yet the deadness of Sarah’s womb: He staggered not at the promise of God through unbelief; but was strong in faith, giving glory to God; And being fully persuaded that, what he had promised, he was able also to perform.” (Romans 4:19-21 KJV)

Know what God has promised to do. Have absolute faith in God and His promises. He does not want your faith in Him to waver regardless of the seeming severity of any problems you face.

We have shared with you many great spiritual truths about meditating day and night on God’s Word. If you obey these instructions, your ears will consistently hear your mouth boldly speaking the Word of God as you meditate. Your faith in God will increase steadily as a result. “...faith comes from hearing the message, and the message is heard through the word of Christ.” (Romans 10:17 NIV)

Faith in God increases when your ears consistently hear the Word of God. Your faith in God can increase when you hear other people boldly speaking the Word of God, but your faith in God will increase the most when your ears hear your mouth boldly speaking the Word of God.

You should speak God’s Word when you meditate on it. Your ears should hear God’s Word consistently pouring out of your mouth as you meditate day and night on the holy

Scriptures. Your faith in God will increase steadily as this process is repeated over a period of months and years.

Your Father wants your faith in Him to be so deep, so strong and so unwavering that you will never be afraid of anything. You should trust God totally, completely and absolutely. You should be like the psalmist who said, “He alone is my rock and my salvation; he is my fortress, I will not be shaken.” (Psalm 62:6 NIV)

The word “alone” in this verse is very important. Your Father wants you to have absolute confidence in Him even if every source of worldly security is disintegrating. He does not want your faith in Him to waver because of the circumstances you face. “O Lord of hosts, blessed (happy, fortunate, to be envied) is the man who trusts in You [leaning and believing on You, committing all and confidently looking to You, and that without fear or misgiving]!” (Psalm 84:12 AMP)

Your Father will bless you abundantly as you trust Him completely and lean on Him at all times. You must not be afraid regardless of the seeming severity of whatever problems you face.

In this chapter we have studied several verses of Scripture that will help you to trust God completely when you are tempted to be afraid. In the next chapter we will study additional Scripture that will help you to steadily increase your faith in God so that fear will not be able to overcome you.

Chapter 16

Persevere in Your Faith in God

You must not panic when you face a seemingly overwhelming problem. You should obey the following instructions that Jesus gave when He said, “...Do not be seized with alarm and struck with fear; only keep on believing.” (Mark 5:36 AMP)

Jesus spoke these words to a man named Jairus who had just been told that his young daughter had suddenly died. When Jesus heard this news, He emphatically told Jairus that he should not be alarmed and fearful. These words apply to you whenever you face a seemingly unsolvable problem.

Jesus wants you to have so much faith in Him that you will refuse to give in to any temptation to be afraid. He wants you to keep on believing for as long as He requires you to persevere in your faith in Him. Jairus obeyed these instructions and Jesus miraculously brought his daughter back to life (see Mark 5:36-42).

If you are tempted to be overwhelmed by fear, you should focus on Jesus and the enormous price that He paid for you. “Just think of Him Who endured from sinners such grievous opposition and bitter hostility against Himself [reckon up and consider it all in comparison with your trials], so that you may not grow weary or exhausted, losing heart and relaxing and fainting in your minds.” (Hebrews 12:3 AMP)

Any adversity that you face cannot begin to compare with the enormity of the problem that Jesus faced when He died a gruesome death by crucifixion to pay the full price for all of your sins. You are instructed to compare the severity of what Jesus went through as the Son of man with whatever ordeal you are facing.

You must not allow yourself to become discouraged and weary to the degree that you give up. “...let us not lose heart and grow weary and faint in acting nobly and doing right, for in due time and at the appointed season we shall reap, if we do not loosen and relax our courage and faint.” (Galatians 6:9 AMP)

Mark 5:36, Hebrews 12:3 and Galatians 6:9 all instruct you to persevere in your faith in God, trusting Him completely for as long as He requires you to trust Him. You should trust God’s perfect timing just as you should trust Him in every other area.

You must know what God’s Word says. You must have absolute faith that God will do exactly what His Word says He will do. Your Father is faithful to His promises. He loves you. He cares about what you are going through. The apostle Paul said, “...No man who believes in Him [who adheres to, relies on, and trusts in Him] will [ever] be put to shame or be disappointed.” (Romans 10:11 AMP)

The words “no man” apply to you. Paul was speaking here in regard to trusting God for eternal salvation. This same principle applies to every area of your life. You will not be disappointed if you trust God completely to honor His Word, absolutely refusing to give up.

Praise God. Worship Him. Thank Him for bringing you safely through whatever adversity you face. “In this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. These have come so that your faith—of greater worth than

gold, which perishes even though refined by fire—may be proved genuine ...” (I Peter 1:6-7 NIV)

God’s delay is not necessarily God’s denial. Your Father instructs you to “greatly rejoice” when you face adversity. Your faith in God is much more precious to Him than pure gold is to people here on earth. Faith in God is much more powerful than fear. You will not be afraid if your heart is filled with God’s Word as a result of consistent Scripture meditation over a period of time. You cannot please God if you do not have absolute faith in Him. (see Hebrews 11:6).

You cannot have faith in God if fear is dominating your life. You can be absolutely certain that God always will do whatever He promises to do. “...it is impossible for God to lie...” (Hebrews 6:18 NIV)

God is the epitome of integrity. There is no way that He can make a promise to you and then fail to fulfill His promise. God’s reliability is much greater than the reliability of any person on earth. Whenever you read a promise in the Bible, you can be absolutely certain that your loving Father stands completely behind His promise. He said, “...I am alert and active, watching over My word to perform it.” (Jeremiah 1:12 AMP)

Meditate day and night on God’s Word as He has instructed you to do. Immerse yourself in the holy Scriptures. Constantly fill your eyes, your ears, your mind, your heart and your mouth with the supernatural living Word of God. Jesus said, “If you live in Me [abide vitally united to Me] and My words remain in you and continue to live in your hearts, ask whatever you will, and it shall be done for you.” (John 15:7 AMP)

These words assure you that Jesus will do “whatever” you are trusting Him to do. However, the word “if” clearly indicates that this promise is conditional. Jesus will do His part, but you must do your part.

The words “abide vitally united to Me” in the amplification are very important. When something is vital, it is necessary, essential and indispensable. The word “united” means to bring together.

If you sincerely desire Jesus to answer your prayers, you must have a close and intimate relationship with Him. Our book titled *A Close and Intimate Relationship with God* is solidly anchored upon 498 verses of Scripture. This book explains exactly what you should do to be vitally united to Jesus Christ.

Jesus also tells you that His Word must remain in your heart. You must fill your heart continually with God's Word by faithfully obeying His instructions to meditate day and night on His Word. If you do these things, you can "ask whatever you will and it will be done for you."

Do not be worried, anxious or fearful. Pray with absolute faith that God will answer your prayers. "Do not fret or have any anxiety about anything, but in every circumstance and in everything, by prayer and petition (definite requests), with thanksgiving, continue to make your wants known to God." (Philippians 4:6 AMP)

Your Father tells you that you must not be worried or anxious about any problems you face. Instead, you are instructed to bring everything to Him in prayer. You should be very precise in your requests to God. Base every prayer request on specific verses of Scripture. Thank God when you pray because you have deep, strong and unwavering faith that He always does what His Word says He will do and that He will answer your prayers.

God will bless you abundantly if you do exactly what Philippians 4:6 instructs you to do. "... the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." (Philippians 4:7 NIV)

The peace of God is so great that it goes far beyond the limits of human understanding and comprehension. If Jesus Christ is your Savior and you trust Him completely, this supernatural peace of God will protect your mind and your heart.

Pray to God continually with absolute faith that He will answer. Your prayers of faith release the supernatural power of God into your life. "...The earnest (heartfelt, continued) prayer of a righteous man makes tremendous power available [dynamic in its working]." (James 5:16 AMP)

When you pray "earnestly" you are serious, sincere and determined. Your prayers are vigorous, concentrated and focused. The amplification of this verse uses the word "continued." Persevere in your faith in God. Pray and keep on praying. Absolutely refuse to give up. Know that your prayers will release God's mighty power to work for His glory. "Be unceasing in prayer [praying perseveringly]." (I Thessalonians 5:17 AMP)

The word "unceasing" means without stopping. Are you faced with seemingly overwhelming problems? Pray consistently with absolute faith that God will answer your prayers. "...we receive from Him whatever we ask, because we [watchfully] obey His orders

[observe His suggestions and injunctions, follow His plan for us] and [habitually] practice what is pleasing to Him.”(I John 3:22 AMP)

God says that you will receive whatever you ask if you faithfully obey His instructions, if you consistently seek His will for your life and if you do your best at all times to live a life of complete obedience and dedication. Jesus said, “...Ask and keep on asking and it shall be given you; seek and keep on seeking and you shall find; knock and keep on knocking and the door shall be opened to you. For everyone who asks and keeps on asking receives; and he who seeks and keeps on seeking finds; and to him who knocks and keeps on knocking, the door shall be opened.” (Luke 11:9-10 AMP)

Please note that the words “keep on” or “keeps on” are used six times in this passage of Scripture. If Jesus uses the same words six times, you can be absolutely certain that He does not want you to give up when you pray. He also tells you six times that He will answer your prayers if you persevere in your faith in Him.

Jesus won a total, complete and absolute victory over every problem you will ever face when He rose from the dead after He was crucified. Christians are able to “...reign as kings in life through the one Man Jesus Christ (the Messiah, the Anointed One).” (Romans 5:17 AMP)

Jesus Christ is the King of kings and the Lord of lords (see Revelation 19:16). Jesus has made you like a king if He is your Savior. You can live in triumph over sin and death. Jesus said, “...In the world you have tribulation and trials and distress and frustration; but be of good cheer [take courage; be confident, certain, undaunted]! For I have overcome the world. [I have deprived it of power to harm you and have conquered it for you.]” (John 16:33 AMP)

You can have absolute faith that Jesus has overcome every problem you will ever face. Know what God’s Word says about the victory that Jesus won for you. Persevere with absolute faith that Jesus will bring you safely through whatever problem you face. Jesus said, “...All authority in heaven and on earth has been given to me” (Matthew 28:18 NIV)

Jesus has all authority in heaven and on earth. Identify completely with Jesus and the glorious victory that He won for you instead of allowing fear to get into your heart because you are focusing on the seeming severity of the problems you face. “...He has put all things under His feet...” (Ephesians 1:22 AMP)

The words “all things” include every problem you have ever faced, every problem you face now and every problem you will face in the future. You must understand that all adversity

has been put under the feet of Jesus Christ. If Jesus is your Savior, you share in His glorious victory. "...God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus" (Ephesians 2:6 NIV)

If Jesus Christ is your Savior, you sit with Him in the spiritual realm throughout the remainder of your life on earth. His victory is your victory. Everything that is under His feet also is under your feet. Instead of giving in to fear focus continually on the Scripture in this chapter that repeatedly tells you that you have been given the victory.

Chapter 17

God Will Protect You and Supply Everything You Need

Your Father does not want you to be afraid when you face seemingly severe problems. You are connected to the Creator of the universe. You have direct access to all wisdom, all knowledge, all counsel, all understanding and all power. You should be like the psalmist who said, "My help comes from the LORD, the Maker of heaven and earth." (Psalm 121:2 NIV)

The same God Who created heaven and earth knows exactly what must be done to solve every problem you will ever face. The problems that seem insurmountable to you are not difficult for God to solve. Jesus said, "...the Lord GOD will help me; therefore shall I not be confounded: therefore have I set my face like a flint, and I know that I shall not be ashamed." (Isaiah 50:7 KJV)

This verse consists of prophetic words that Isaiah spoke regarding Jesus Christ. Jesus never wavered in His absolutely certainty that His Father would help Him throughout His earthly ministry.

This verse refers to a "flint" which is a hard and unyielding rock. When God's Word says that Jesus set His face like a flint, this word means that He refused to waver in His faith that God would help Him. Jesus was unyielding. He was absolutely certain that His Father would help Him.

Jesus wants you to have similar faith in Him. He knows exactly what you are going through. He assures you that He will help you. "...because He Himself [in His humanity] has suffered in being tempted (tested and tried), He is able [immediately] to run to the cry of (assist,

relieve) those who are being tempted and tested and tried [and who therefore are being exposed to suffering].” (Hebrews 2:18 AMP)

Jesus came to earth as a human being. He did not live His life on earth only as the Son of God. He consistently referred to Himself as the Son of man. Jesus chose to live as a human being with the same limitations that you have. The amplification of this verse explains that “in His humanity” Jesus was “tempted, tested and tried.”

Jesus can identify with every problem you face because He faced adversity throughout His earthly ministry with the same human abilities that you have. He is able to help you immediately with the seemingly severe problems that you face to the degree that you believe He will help you.

Jesus turned to His Father continually throughout His earthly ministry. He wants you to do the same. Jesus wants to help you. He will help you if you have absolute faith that He will help you.

Little children stay very close to their loving parents. Your Father wants you to stay close to Him. You will not be afraid if you have an intimate relationship with God. “Let us then fearlessly and confidently and boldly draw near to the throne of grace (the throne of God’s unmerited favor to us sinners), that we may receive mercy [for our failures] and find grace to help in good time for every need [appropriate help and well-timed help, coming just when we need it].” (Hebrews 4:16 AMP)

You are instructed to “fearlessly and confidently and boldly draw near” to God. The same grace that God extended to you for eternal salvation when you were a sinner is available throughout the remainder of your life on earth. God is merciful to you when He promises to help you with every need.

The amplification of this verse explains that your Father will give you help exactly when you need His help. Do not be afraid. Trust God to help you. Trust His perfect timing. Do not give up if God does not seem to be helping you as soon as you think He should. “He withdraws not His eyes from the righteous (the upright in right standing with God...)” (Job 36:7 AMP)

If Jesus Christ is your Savior, you are righteous before God because Jesus has paid the full price for all of your sins. You can be certain that your loving Father is watching over you at all times.

God is omnipotent, omnipresent and omniscient. He is not limited in any way. He is fully able to focus continually on every one of His children throughout the world. You should have absolute faith that your Father is watching over you and that He will help you. "...whoever leans on, trusts in, and puts his confidence in the Lord is safe and set on high." (Proverbs 29:25 AMP)

Your Father promises to lift you above the problems you face if you will lean on Him and trust Him completely. Personalize this verse of Scripture. Boldly speak this magnificent promise from God. Let your ears hear your mouth saying again and again that you are safe and that God is lifting you above the problems you face.

Your Father wants you to faithfully obey His instructions to meditate day and night on His Word. If you do, your faith in Him will increase steadily. You will be protected by a supernatural spiritual shield. "Every word of God is tried and purified; He is a shield to those who trust and take refuge in Him." (Proverbs 30:5 AMP)

You have just read a promise from the Book of Proverbs that was written by King Solomon under the anointing of the Holy Spirit. Solomon's father David wrote the same words many years before as he also was anointed by the Holy Spirit. David said, "...He is a shield to all those who take refuge and put their trust in Him." (Psalm 18:30 AMP)

Isn't it interesting to see the same promise in the Book of Proverbs and the Book of Psalms? Your Father wants you to be absolutely certain that He will protect you if you trust Him completely. You should follow the example of the psalmist who said, "Thou art my hiding place and my shield: I hope in thy word." (Psalm 119:114 KJV)

You will not be afraid if your heart is filled to overflowing with the supernatural Word of God. You will draw closer and closer to God if you continually immerse yourself in His Word. You will trust God completely. The words that consistently flow out of your mouth should clearly indicate your unwavering faith in God. "...He is a Shield to all those who trust and take refuge in Him." (II Samuel 22:31 AMP)

You have seen that your Father repeatedly promises to provide a spiritual shield of protection for you if you trust Him completely. The word "all" in this verse includes you. Take refuge in God. Refuse to be afraid. Have absolute faith that your Father is protecting you with a supernatural shield of protection.

You cannot see this shield with your human eyesight, but you can be certain that your Father is protecting you according to your faith in Him and your knowledge of and faith in His

promises. Instead of being afraid your heart will sing with joy if you trust God completely in the face of seemingly severe problems. "...let all those who take refuge and put their trust in You rejoice; let them ever sing and shout for joy, because You make a covering over them and defend them..." (Psalm 5:11 AMP)

Your Father wants your heart to be filled with joy regardless of the circumstances you face because you trust Him completely. He instructs you to sing and to shout joyfully because you are absolutely certain that He is protecting you.

We now are ready to study several verses of Scripture that will assure you that your Father will meet every need you have if you have deep, strong and unwavering faith in Him and the following promises. Why would you ever be afraid of anything if you were absolutely certain that your loving Father will meet every one of your needs? "He who did not withhold or spare [even] His own Son but gave Him up for us all, will He not also with Him freely and graciously give us all [other] things?" (Romans 8:32 AMP)

Your Father has provided the best of all possible gifts to every person on earth – His beloved Son Jesus Christ. If your Father did not withhold Jesus, why would you ever be afraid that He will not provide everything else that you need? You can be certain that God will meet every one of your needs. "...no good thing will he withhold from them that walk uprightly." (Psalm 84:11 KJV)

The words "no good thing" in this verse include whatever you need. The words "walk uprightly" mean that you should do your very best to learn and obey God's instructions. If you do your best to learn and obey God's instructions and you have absolute faith in God, you can be absolutely certain that your Father will not withhold anything from you that you need. "...they who seek (inquire of and require) the Lord [by right of their need and on the authority of His Word], none of them shall lack any beneficial thing." (Psalm 34:10 AMP)

If you have needs, you are instructed to continually seek promises in God's Word that assure you that God will meet all of your needs. Your Father wants you to be absolutely certain that He will provide everything you need just as His Word says that He will. "...my God will liberally supply (fill to the full) your every need according to His riches in glory in Christ Jesus." (Philippians 4:19 AMP)

Again and again your Father assures you that He will meet all of your needs. Do not be afraid. Instead of allowing fear to get into your life you should speak boldly to whatever could

cause you to be afraid. Meditate continually on these promises that God will meet all of your needs. Your faith in God will increase steadily as you consistently speak and personalize these promises of God's provision.

Chapter 18

Focus Continually on God

You decide whether you will give in to fear whenever you face a situation that could cause you to be afraid. God created you with freedom of choice. If He did not give you freedom of choice, you would be a robot.

Unfortunately, some people use their God-given freedom of choice to allow fear to come into their lives. Your Father has told you more than three hundred times that He wants you to choose not to be afraid.

The apostle Paul explained God's freedom of choice when he said, "Everything is permissible (allowable and lawful) for me; but not all things are helpful (good for me to do, expedient and profitable when considered with other things). Everything is lawful for me, but I will not become the slave of anything or be brought under its power." (I Corinthians 6:12 AMP)

You must understand the importance of continually making choices that are in complete obedience to the instructions God has given you in the Bible. Jesus Christ has paid an enormous price to set you free from fear. This book is filled with numerous instructions from the Word of God that will help you to consistently choose to keep fear out of your mind and your heart. Jesus said, "Do not let your hearts be troubled (distressed, agitated)...." (John 14:1 AMP)

The word "let" in this verse is very important. Once again we want to emphasize that you decide whether you will allow your heart to be troubled by whatever problems you face. God will never override your freedom to choose to do whatever you want to do in every area of your life.

We now are ready to study specific instructions from the Bible on choosing not to be afraid. Some people are afraid because of the things that they see happening in the world around them. Other people are afraid because of things they hear. Your eyes and your ears connect you to the world.

Your Father wants you to be very careful about what you allow to come into your eyes. He emphasizes this principle by telling you in Proverbs 3:21 and 4:21 that you should not allow His Word to depart from your eyes.

We have explained that the only way to obey these instructions is to meditate day and night on God's Word. Your eyes cannot focus on two things at once. If you are consistently filling your eyes with the good news of God's Word, bad news from the world that could cause you to be afraid will not be able to get into your mind and your heart through your eyes.

This same principle applies to what you allow to come into your ears. You should be very selective about what you allow to come into both your eyes and your ears. Jesus said, "...Be careful what you are hearing...." (Mark 4:24 AMP)

Many fearful thoughts come into the minds of people through what they hear. You should be very careful what you listen to on television or radio. You should refuse to dwell on the bad news of the world. Many people have no concept of the amount of fear that builds up inside of them because of the cumulative effect of the bad news of the world that continually enters into their eyes and their ears.

We believe that the bad news of the world will become worse in the years ahead. The word "gospel" means good news. Your Father wants you to fill your eyes and your ears continually with the good news of His Word instead of allowing the bad news of the world to permeate your consciousness.

We are not saying that you should ignore what is going on in the world. You should be informed. However, you must choose not to dwell on the bad news of the world.

Television brings a lot of bad news into the minds of people who continually watch news programs. Some people habitually watch the late news each night before they go to sleep. Other people start their morning by filling their eyes and ears with bad news from radio or television.

Once again, you should not ignore what is happening in the world. We recommend reading the headlines in the newspaper each day and then deciding if you want to read any of the articles beneath specific headlines. Do your very best at all times to fill your eyes and your ears with the good news of God's Word instead of focusing on the bad news of the world.

In addition to not allowing the bad news of the world to permeate your eyes and your ears, you also should be very careful about consistently associating with people who are negative

and fearful. "...What man is fearful and fainthearted? Let him return to his house, lest [because of him] his brethren's [minds and] hearts faint as does his own." (Deuteronomy 20:8 AMP)

Fear is very contagious. This verse explains how one person's fear can be passed on to another person. You must not allow this to happen. "...do not fear what they fear, and do not dread it." (Isaiah 8:12 NIV)

Fear is like a magnet in the spiritual realm. Fear attracts whatever you are afraid of and causes it to come into your life. Job said, "...the thing which I greatly fear comes upon me, and that of which I am afraid befalls me. I was not or am not at ease, nor had I or have I rest, nor was I or am I quiet, yet trouble came and still comes [upon me]." (Job 3:25-26 AMP)

When Job spoke of "the thing which I greatly fear" he explained that the problem he was afraid of was manifested in his life because he consistently focused on this problem. Fear robbed Job of calm and quiet confidence in God. Your Father consistently instructs you to be quiet, calm and at peace within yourself regardless of what is going on in the world around you (see Psalms 46:10 and 94:12-13 and Proverbs 14:30)

Faith also is a magnet in the spiritual realm. If you continually focus on God's Word by meditating on it day and night, you will draw positive results into your life. If you focus on the problems you face, you will make the same mistake that the Israelites made in the wilderness. "...the people became impatient (depressed, much discouraged), because [of the trials] of the way." (Numbers 21:4 AMP)

The Israelites became upset because they focused on the trials that they faced. They wandered needlessly through the wilderness for forty years because they focused on the problems they faced instead of focusing on God and trusting Him completely.

You must not make the mistake of wandering in spiritual wilderness because you focus on the problems that you face. You should not be like the people Jeremiah spoke of when he said, "...they have heard bad news; they are fainthearted and wasting away; there is trouble and anxiety [like] on a [storm-tossed] sea which cannot rest." (Jeremiah 49:23 AMP)

The Israelites lost heart when they heard bad news. They were worried and anxious. They did not rest in the Lord. You must not react to the circumstances that you face in your life.

You should never react to anything that comes at you from the natural realm. "...consider and look not to the things that are seen but to the things that are unseen; for the things that are

visible are temporal (brief and fleeting), but the things that are invisible are deathless and everlasting.” (II Corinthians 4:18 AMP)

God instructs you to turn away from the things that you see to focus on Him. You cannot see God with your natural eyesight, but He consistently instructs you to focus on Him and His Word. “...set your minds and keep them set on what is above (the higher things), not on the things that are on the earth.” (Colossians 3:2 AMP)

Keep your mind focused on God instead of focusing on anything in the world that could cause you to be afraid. Consistently fill your mind and your heart with the supernatural living Word of God that will strengthen you throughout your life on earth and also go with you when you go to heaven. The Bible explains the eternal life of God’s Word when it speaks of “...the Truth which lives and stays on in our hearts and will be with us forever” (II John 1:2 AMP)

You will fill your heart with God’s Word if you meditate day and night on the holy Scriptures. God’s Word that lives in your heart will remain with you throughout eternity. “...the Word of the Lord (divine instruction, the Gospel) endures forever...” (I Peter 1:25 AMP)

You must not allow temporary worldly problems, no matter how severe they may seem, to overwhelm you. Jesus said, “...Do not let your hearts be troubled, neither let them be afraid. [Stop allowing yourselves to be agitated and disturbed; and do not permit yourselves to be fearful and intimidated and cowardly and unsettled.]” (John 14:27 AMP)

Please note that the words “let,” “allowing” and “permit” are used four times in this one verse of Scripture and the amplification. You decide what you will allow to come into your heart.

Jesus has specifically instructed you to not allow fear to get into your heart. Instead of focusing on any problem or on any person who could cause you to be afraid, you should focus continually on the Lord. “...Do not be afraid of the enemy; [earnestly] remember the Lord and imprint Him [on your minds]...” (Nehemiah 4:14 AMP)

You are instructed to “imprint” the Lord on your mind. If you faithfully obey God’s instructions to renew your mind in His Word each day and to meditate on Scripture day and night, you will imprint the Lord on your mind. You will not allow the problems you face to imprint themselves on your mind.

The Bible consistently instructs you to turn away from anything that could cause you to be afraid. “Looking away [from all that will distract] to Jesus, Who is the Leader and the Source

of our faith [giving the first incentive for our belief] and is also its Finisher [bringing it to maturity and perfection]....” (Hebrews 12:2 AMP)

Jesus Christ is your Leader. He is the Source of your faith. Jesus wants you to draw closer to Him each day by spending quality time with Him. If you consistently turn away from focusing on anything in the world that could cause you to be afraid and focus instead on Jesus, your faith in Him will increase steadily.

The following verses of Scripture clearly explain this principle. “Then He directed the disciples to get into the boat and go before Him to the other side, while He sent away the crowds. And after He had dismissed the multitudes, He went up into the hills by Himself to pray. When it was evening, He was still there alone. But the boat was by this time out on the sea, many furlongs [a furlong is one-eighth of a mile] distant from the land, beaten and tossed by the waves, for the wind was against them. And in the fourth watch [between 3:00—6:00 a.m.] of the night, Jesus came to them, walking on the sea. And when the disciples saw Him walking on the sea, they were terrified and said, It is a ghost! And they screamed out with fright.” (Matthew 14:22-26 AMP)

Jesus instructed His disciples to get into a boat and go ahead of Him to the other side of a lake. The boat containing the disciples encountered a severe storm shortly after they left. Jesus knew what was happening. He supernaturally walked on the water to help His disciples.

The disciples screamed with fear when they saw Jesus walking on the water. Jesus told them that they should not be afraid. They should be encouraged because He had come to help them. “...instantly He spoke to them, saying, Take courage! I AM! Stop being afraid!” (Matthew 14:27 AMP)

Instead of continuing to be afraid the apostle Peter reacted with faith. “...Peter answered Him, Lord, if it is You, command me to come to You on the water. He said, Come! So Peter got out of the boat and walked on the water, and he came toward Jesus.” (Matthew 14:28-29 AMP)

Peter’s faith in Jesus was so strong that he actually stepped out of the boat to join Jesus in walking on the water. However, Peter’s faith soon turned to fear. “...when he perceived and felt the strong wind, he was frightened, and as he began to sink, he cried out, Lord, save me [from death]!” (Matthew 14:30 AMP)

Peter's faith turned to fear when he felt the strong wind blowing at him as he walked on the water. When this wind caused Peter to begin to sink, he cried out to Jesus begging Him to save him.

Jesus immediately helped Peter as he requested. He told Peter that he should not have allowed himself to be afraid. "Instantly Jesus reached out His hand and caught and held him, saying to him, O you of little faith, why did you doubt? And when they got into the boat, the wind ceased." (Matthew 14:31-32 AMP)

Peter showed great faith when he initially stepped out on the water. Peter was filled with faith because his eyes were on Jesus. However, as soon as Peter focused on the severity of the storm that he faced his faith turned to fear.

This same principle applies to you. Jesus does not want you to allow any problem that you face to control you. You should focus on Jesus at all times. You "...must abide in (live in, never depart from) Him [being rooted in Him, knit to Him],..." (I John 2:27 AMP)

The word "abide" in this verse of Scripture is very important. When you abide in a place you live there continually. This place is your permanent residence. When you abide in Jesus you put Him in first place at all times. The amplification instructs you to never depart from Jesus. Every aspect of your life should be deeply rooted in the intimacy of your relationship with Jesus. Fear cannot overcome you if you are "knit" to Jesus – if you stay close to Him continually.

Chapter 19

Receive God's Perfect Peace

You have seen that God has repeatedly instructed you to focus on Him instead of choosing to focus on anything that you might fear. "You will guard him and keep him in perfect and constant peace whose mind [both its inclination and its character] is stayed on You, because he commits himself to You, leans on You, and hopes confidently in You." (Isaiah 26:3 AMP)

God has promised to guard you and keep you in "perfect and constant peace." Once again, you decide whether you will receive the supernatural protection and peace that God offers to you. This promise is conditional. Your Father will protect you and keep you in constant peace if you do what He has instructed you to do. He has instructed you to keep your mind focused continually on Him because you trust Him completely.

You should never allow anything to come ahead of God. You should keep Him in first place in your life at all times. “Thou art worthy, O Lord, to receive glory and honour and power: for thou hast created all things, and for thy pleasure they are and were created.” (Revelation 4:11 KJV)

The best place you can be in the spiritual realm is in second place because you have put God in first place where He belongs. God created you, everyone else in the world, the world itself and the heaven where all Christians will live with Him throughout eternity. He deserves to be in first place in your life. “...so that He alone in everything and in every respect might occupy the chief place [stand first and be preeminent].” (Colossians 1:18 AMP)

This verse of Scripture refers to keeping Jesus Christ in first place in your life. Please note the words “everything,” “every” and “the chief place” in this verse. There is no question that you are instructed to keep Jesus in absolute first place in your life at all times.

Gratitude will flood your heart if you keep before you the reality of what Jesus did for you. Jesus paid an enormous price on the cross at Calvary so that you can live eternally with Him in heaven. Jesus said, “...seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.” (Matthew 6:33 KJV)

In these words that He spoke in the Sermon on the Mount Jesus told His disciples that they should put God’s kingdom first. He instructed them to live righteous lives in obedience to God’s instructions. Jesus assured them that every need would be met if they obeyed these instructions. This promise applies to your life today. You should be like the psalmist who said, “...I have no delight or desire on earth besides You.” (Psalm 73:25 AMP)

The psalmist delighted in God. Nothing that he desired came ahead of God. God was in absolute first place at all times, exactly where He should be.

You must not make the mistake of allowing anyone or anything to come ahead of God. Put all personal goals and desires behind God, not ahead of Him. Put anything that you are tempted to fear behind God, not in front of Him.

Your Father wants you to be single-minded. He does not want you to allow anything to get into your mind ahead of your constant focus on Him.

Some people are double-minded. Their minds go back and forth from one thing to another. They may focus on God for a while, but their focus is not consistent. Double-minded people are prime candidates to be overcome by fear. “[For being as he is] a man of two minds

(hesitating, dubious, irresolute), [he is] unstable and unreliable and uncertain about everything [he thinks, feels, decides].” (James 1:8 AMP)

This verse says that, if you are double-minded, you are “unstable and unreliable.” You will be hesitant instead of being completely focused on God at all times. If you focus continually on God, you will have “[...peace...a peaceful mind free from fears and agitating passions and moral conflicts].” (James 3:18 AMP)

Your Father wants you to have a peaceful mind. He does not want you to allow fear or any other negative emotion to get into your mind. You saw at the beginning of this chapter that God will keep you in perfect and constant peace if your mind is focused on Him because you trust Him totally, completely and absolutely.

Whenever you face adversity you should focus on the times in the past when God brought you safely through adversity. “[Earnestly] remember the marvelous deeds which He has done, His miracles, and the judgments He uttered [as in Egypt]” (I Chronicles 16:12 AMP)

The Israelites were instructed to “earnestly remember” the great things that God did for them. This instruction also applies to you. When you do something earnestly, you are totally committed to what you are doing. Focus continually on God and His mighty power.

If you have not been a Christian long enough to have a history of what God has done in your life, you can meditate instead on stories from the Bible that explain how God brought people through severe problems. The same God Who has brought many other people through adversity in the past will bring you safely through whatever adversity you face today.

Focus continually on God. Trust Him completely. “Let thine eyes look right on, and let thine eyelids look straight before thee. Ponder the path of thy feet, and let all thy ways be established. Turn not to the right hand nor to the left: remove thy foot from evil.” (Proverbs 4:25-27 KJV)

You have seen that your Father does not want you to be double-minded, going back and forth from faith in Him to fear, worry and anxiety. Keep looking straight ahead. Refuse to look to the left or right. Keep moving forward.

Focus continually on whatever path the Lord is leading you to follow. Do exactly what He instructs you to do. You must not allow Satan’s demons to influence you to allow fear to dominate your thinking.

The Word of God consistently instructs you to be single-minded. "...I saw the Lord constantly before me, for He is at my right hand that I may not be shaken or overthrown or cast down [from my secure and happy state]. Therefore my heart rejoiced and my tongue exulted exceedingly..." (Acts 2:25-26 AMP)

The word "constantly" in this passage of Scripture applies to your life today. You have seen that God is with you at all times. Focus constantly on His indwelling presence. Absolutely refuse to give up the joy that He will give you if you obey His repeated instructions to focus continually on Him.

When King Jehoshaphat faced a mighty army that was far superior to his army, he focused continually on God. He absolutely refused to dwell upon the obvious superiority of the enemy.

King Jehoshaphat did not see any way out of the problems he faced. He did what you should do when you face problems that seem to have no solution – he focused continually on God. King Jehoshaphat prayed saying, "...we have no power to face this vast army that is attacking us. We do not know what to do, but our eyes are upon you." (II Chronicles 20:12 NIV)

Refuse to dwell upon your human inadequacies. Refuse to focus on the seeming severity of whatever problems you face. Fear cannot obtain a foothold in your life if you consistently focus on God.

You should be like the psalmist David who said, "I have set the Lord continually before me; because He is at my right hand, I shall not be moved. Therefore my heart is glad and my glory [my inner self] rejoices; my body too shall rest and confidently dwell in safety" (Psalm 16:8-9 AMP)

Your heart will sing with joy if you focus continually on God. You will be calm, quiet and confident deep down inside of yourself because you will not allow Satan's demons to influence you to be afraid. You will be absolutely certain that you are safe because God is watching over you and protecting you (see Psalm 5:11 and Proverbs 29:25).

You should do what Moses did when he faced seemingly impossible problems. When Pharaoh and his mighty army were pursuing him, Moses was blocked from turning to the right or left. He did not focus on the impassable mountains on either side of him or the deep Red Sea that was ahead of him. "[Motivated] by faith he left Egypt behind him, being unawed and

undismayed by the wrath of the king; for he never flinched but held staunchly to his purpose and endured steadfastly as one who gazed on Him Who is invisible.” (Hebrews 11:27 AMP)

This verse tells you that Moses “never flinched.” When you flinch in the face of adversity you draw back. You do not continue to move forward. Moses was single-minded because of his faith in God. He did not think about the mighty army behind him, the high mountains to his right and left or the Red Sea in front of him.

Instead, Moses kept moving forward with unwavering faith because he focused on “Him Who is invisible.” You must not allow the obstacles that you face to dominate your consciousness. Instead of focusing on what you can see, you should focus continually on God Whom you cannot see.

God honored Moses’ faith in Him. He parted the Red Sea so that the Israelites could pass safely through on dry ground. When Pharaoh and his army came, the water returned and they were killed. “[Urged on] by faith the people crossed the Red Sea as [though] on dry land, but when the Egyptians tried to do the same thing they were swallowed up [by the sea].” (Hebrews 11:29 AMP)

God will honor your faith in Him just as He honored the faith of Moses. Do not be afraid. Focus continually on God as He has repeatedly instructed you to do.

Chapter 20

Give Your Problems to God and Leave Them with Him

In Isaiah 26:3 you saw that God has promised to guard you and to keep you in perfect peace if your mind is continually focused on Him because you trust Him completely. The following words that God spoke to the Israelites many years ago apply to you today. “If only you had paid attention to my commands, your peace would have been like a river...” (Isaiah 48:18 NIV)

God’s way is the only way to live. Your Father has instructed you to pay close attention to His Word (see Proverbs 4:20-23). If you do your very best to learn how your Father wants you to live and if you faithfully obey His instructions, His supernatural peace will flow through you like a river.

God consistently instructs you not to be afraid when you need help. Ask God to help you. The following advice that Moses' father-in-law gave to him applies to you today. Jethro, Moses' father-in-law, said, "...the thing is too heavy for you; you are not able to perform it all by yourself." (Exodus 18:18 AMP)

Many people allow fear to get into their lives because they are trying to carry burdens that are too heavy for them. Your Father does not want you to be afraid because you are unsuccessfully trying to carry heavy burdens. Jesus Christ already has carried your heavy burdens. You do not have to carry them again. "Surely He has borne our griefs (sicknesses, weaknesses, and distresses) and carried our sorrows and pains [of punishment]..." (Isaiah 53:4 KJV)

Isaiah prophesied that Jesus would bear your heavy burdens. Jesus fulfilled this prophecy approximately seven hundred years after it was given. Please note the word "surely" in this verse of Scripture. There is no doubt that Jesus already has carried your burdens.

Jesus Christ took upon Himself every grief, every sorrow, every pain and every difficulty that you have ever had. When you do not give your pain, your burdens and your sorrows to Him, you are denying the magnitude of the victory that He won for you. Live in the resurrection power of Jesus Christ.

We would like to give you an example of this spiritual principle. Please visualize yourself going to a store, placing an order and paying for your purchase. What would you do if you went to the store to pick up the order and the clerk said that you owed money for your purchase? You would show the clerk the receipt, wouldn't you?

This verse of Scripture is your receipt in the spiritual realm. If you are attempting to carry a heavy burden of grief or sorrow, you are trying to carry a burden that Jesus does not want you to carry because He already has paid the price for you. "Commit your way to the Lord [roll and repose each care of your load on Him]; trust (lean on, rely on, and be confident) also in Him and He will bring it to pass." (Psalm 37:5 AMP)

The amplification in this verse speaks of "your load." These words refer to whatever burdens you have in your life. Give them all to the Lord. Trust Him completely to carry these burdens and to bring you safely through whatever ordeal you face. He will carry the heavy burdens if you will just give them to Him with absolute faith in Him, absolutely refusing to take

them back. “Cast your burden on the Lord [releasing the weight of it] and He will sustain you...” (Psalm 55:22 AMP)

This verse uses the word “cast.” Imagine yourself casting a fishing line. When you cast this line, you throw the line. The weight of the sinker enables you to throw the line far away from you.

Your Father wants you to throw your problems to Him. Instead of allowing yourself to be anxious, fearful and agitated, you should “release the weight” of your burdens. Let go of these problems. Give them to God. Leave them with Him. “...humble yourselves [demote, lower yourselves in your own estimation] under the mighty hand of God, that in due time He may exalt you, casting the whole of your care [all your anxieties, all your worries, all your concerns, once and for all] on Him, for He cares for you affectionately and cares about you watchfully.” (I Peter 5:6-7 AMP)

This passage of Scripture instructs you to be humble. Admit your inadequacies. The amplification instructs you to cast “all your anxieties, all your worries, all your concerns, once and for all” on God.

God will exalt you. He will lift you above these heavy burdens if you trust Him enough to give all of your burdens to Him and to leave them with Him. Refuse to give up if God does not answer your prayers as soon as you think He should. Trust God’s timing just as you trust Him in every other area (see Psalm 37:7, Proverbs 21:5 and Luke 1:20).

I Peter 5:7 assures you that God cares about what you are going through and that He is watching over you at all times. God will bring you safely through the problems you give to Him if you will trust Him completely. The Bible speaks of “...them who through faith and patience inherit the promises.” (Hebrews 6:12 KJV)

God often will require you to add patience to your faith in Him while you wait for Him to fulfill His promises. Faith and patience go together. Fear and impatience go together. “Roll your works upon the Lord [commit and trust them wholly to Him; He will cause your thoughts to become agreeable to His will, and] so shall your plans be established and succeed.” (Proverbs 16:3 AMP)

This verse instructs you to “roll” your problems on the Lord. When you roll your cares on the Lord, you let go of them. You trust God completely to do what He has promised to do.

You should be seeking God's will for your life throughout every day of your life (see John 5:30, II Corinthians 5:13, Ephesians 2:10 and Hebrews 10:35-37). Trust your Father to help you do what He has called you to do. If you give every problem to God and trust Him completely, your thoughts will line up with His thoughts. He will bring you safely through every problem.

We would like to give you another example to illustrate this spiritual principle. Visualize yourself going to your local post office or parcel service to send someone a package. When you send this package and pay for it, do you worry about whether the package will be delivered? Do you trust the post office or parcel service to deliver the package? This same principle applies to the problems you give to God. Let go. Trust Him to deliver just as His Word says He will.

Your Father wants you to react to adversity with calm and quiet confidence in Him because you trust Him completely. "...Fear not; stand still (firm, confident, undismayed) and see the salvation of the Lord which He will work for you today..." (Exodus 14:13 AMP)

Please note the four words "fear not, stand still" at the beginning of this verse of Scripture. There is a definite relationship between not being afraid and being quiet, calm and confident in the face of adversity. Moses spoke these words to the Israelites when they faced the deep Red Sea ahead of them, the mighty Egyptian army behind them and impassable mountains to their right and left. They seemed to face a hopeless predicament with no possible solution.

You have seen that God brought the Israelites through this crisis by parting the waters of the Red Sea so that they could walk through. Your Father wants you to be still and quiet when you face difficult problems. "Be still, and know that I am God..." (Psalm 46:10 KJV)

If you have absolute faith in God, you will not be afraid. You will be calm, quiet and confident in the face of adversity. If you face a seemingly overwhelming problem, we recommend that you open your mouth and say again and again, "Be still ... Be still ... Be still ... Be still."

Say what God says. Tell yourself to be still. Meditate continually on the Word of God. Fear blocks the supernatural strength of God from being manifested in your life. Faith releases the strength of God on your behalf. "...in quietness and in [trusting] confidence shall be your strength..." (Isaiah 30:15 AMP)

God wants you to be calm, quiet and confident when you face seemingly severe adversity. He wants you to live in His supernatural strength. "...godliness accompanied with

contentment (that contentment which is a sense of inward sufficiency) is great and abundant gain.” (I Timothy 6:6 AMP)

This verse of Scripture is anchored upon the words “godliness accompanied with contentment.” Your Father wants you to live a godly life that is calm, quiet and confident at all times because Jesus Christ shed His precious blood for you. Jesus wants you to have a continual consciousness of the magnificent victory that He won for you.

How do you do this? Please note the words “a sense of inward sufficiency” in the amplification of this verse. You saw in Chapters 13 and 14 that God, Jesus Christ and the Holy Spirit are with you at all times because they live in your heart. If you focus continually on the indwelling presence of God, you will have the “sense of inward sufficiency” that this verse speaks of. You will be calm, quiet and confident because you will be absolutely certain that you already have in your heart everything you will ever need.

This book is filled with specific scriptural instructions that tell you exactly what to do when you are tempted to be afraid. You will be calm, quiet and confident if you refuse to give in to fear and instead give every problem to God because you trust Him totally, completely and absolutely.

Chapter 21

Trust God Completely

Many people become confused when they are afraid. They are unable to think clearly. Satan wants you to be confused. God does not want you to be confused. You should be like the psalmist who said, “In You, O Lord, do I put my trust and confidently take refuge; let me never be put to shame or confusion!” (Psalm 71:1 AMP)

You will never be confused if you truly take refuge in God. God will protect you and watch over you if you place all of your trust and confidence in Him. “...God is not the author of confusion, but of peace...” (I Corinthians 14:33 KJV)

Satan is the author of confusion. God is the author of peace. You should focus continually on God whenever you are tempted to be confused. You should be like the apostle Paul who said, “...I have learned how to be content (satisfied to the point where I am not disturbed or disquieted) in whatever state I am.” (Philippians 4:11 AMP)

Paul said that he had learned how to be calm, quiet and confident regardless of the circumstances he faced. You also can learn to react quietly and confidently in the face of adversity. You should obey the instructions that Paul gave to the Thessalonians when he said, "...we beg you, brethren, not to allow your minds to be quickly unsettled or disturbed or kept excited or alarmed..." (II Thessalonians 2:1-2 AMP)

The word "allow" in this passage of Scripture is very important. You must not permit Satan's demons to influence you in any way to be agitated, worried or upset. Your Father will be very pleased if you do not give in to the temptation to be worried and afraid. "...a gentle and peaceful spirit, which [is not anxious or wrought up, but] is very precious in the sight of God." (I Peter 3:4 AMP)

This verse explains exactly how your Father wants you to react when you are tempted to be afraid. The words "wrought up" in the amplification mean to be extremely disturbed or excited. Your Father wants you to be calm, quiet and confident whenever you face adversity. "...be calm and cool and steady, accept and suffer unflinchingly every hardship" (II Timothy 4:5 AMP)

The seeming severity of the problems you face is not as important as your reaction to this adversity. The word "every" in this verse includes whatever problem you face at this time. God wants you to be still before Him. Whenever you feel worry, anxiety and fear coming upon you, slow down. Calm down. Hurry is worry in action.

Satan wants you to panic, hurry and rush. Hurry creates stress. If you are hurrying and rushing, you are much more susceptible to fear than if you are calm and quiet. "...everyone who is impatient and hasty hastens only to want." (Proverbs 21:5 AMP)

You will block God's mighty power from working in you, through you and for you if you race ahead of Him. "Be still and rest in the Lord; wait for Him and patiently lean yourself upon Him; fret not yourself..." (Psalm 37:7 AMP)

God once again instructs you to "be still." He wants you to rest in Him for as long as He requires you to wait. He does not want you to be frustrated by the circumstances you face. He wants you to focus continually on His indwelling presence and on the promises He has given you in His Word. He wants you to wait patiently for Him without fretting.

You should trust completely in Jesus Christ and the total victory that He won at Calvary. Jesus said, “Come to Me, all you who labor and are heavy-laden and overburdened, and I will cause you to rest. [I will ease and relieve and refresh your souls.]” (Matthew 11:28 AMP)

If you are laboring with heavy burdens, you are instructed to come to Jesus. He invites you to rest in Him by letting go of the heavy burdens. You will not be worried and afraid if you obey these specific instructions. You will be refreshed because you will not attempt to carry the burdens that some people think they have to carry. You will enter into the rest that God has provided for you in direct proportion to your faith in Him. “...we who have believed (adhered to and trusted in and relied on God) do enter that rest...” (Hebrews 4:3 AMP)

This verse tells you that you enter God’s rest by obeying the instructions in His Word and trusting completely in Him. Satan wants you to struggle and strain because you think you have to do everything yourself. Your Father wants you to be calm, quiet and confident because you trust Him completely. “...he who has once entered [God’s] rest also has ceased from [the weariness and pain] of human labors...” (Hebrews 4:10 AMP)

Some people are so preoccupied with the problems they face that their minds never rest. They are constantly agitated. These people are making the same mistake that the Israelites made in the wilderness many years ago.

Moses was commissioned by God to lead two million Israelites through the wilderness from Egypt to the Promised Land. The Israelites became very frustrated in the wilderness. God told them to trust Him, but they disobeyed His instructions. They complained continually.

You have seen that the Israelites went around in circles in the wilderness for forty years as a result of their fear, doubt, unbelief and complaining. They took forty years to complete a journey that could have been completed in two weeks. Your Father does not want you to make the same mistake the Israelites made. He does not want you to be worried, fearful and afraid. He does not want you to complain.

You cannot enter the rest that God has provided for you if you disobey the specific instructions He has given to you. “And to whom did He swear that they should not enter His rest, but to those who disobeyed [who had not listened to His word and who refused to be compliant or be persuaded]? So we see that they were not able to enter [into His rest], because of their unwillingness to adhere to and trust in and rely on God [unbelief had shut them out].” (Hebrews 3:18-19 AMP)

God offered His supernatural rest to the Israelites when they were in the wilderness. The Israelites did not enter into God's rest because they hardened their hearts. You must not make this mistake. You enter God's rest through obedience to God's instructions and simple childlike trust in God. If you disobey God, you cannot enter His rest.

If you do not trust God, your fear, worry, doubt and unbelief will prevent you from entering God's rest. "...while the promise of entering His rest still holds and is offered [today], let us be afraid [to distrust it], lest any of you should think he has come too late and has come short of [reaching] it. For indeed we have had the glad tidings [Gospel of God] proclaimed to us just as truly as they [the Israelites of old did when the good news of deliverance from bondage came to them]; but the message they heard did not benefit them, because it was not mixed with faith (with the leaning of the entire personality on God in absolute trust and confidence in His power, wisdom, and goodness) by those who heard it..." (Hebrews 4:1-2 AMP)

The same supernatural rest of God is available to you today that was available to the Israelites when they came out of Egypt. If you are absolutely certain that God has promised supernatural rest for you, your heart will sing with joy regardless of the problems you face.

You are instructed to trust God completely. If you do, you will enter into the supernatural rest that He has provided for you. "Let us therefore be zealous and exert ourselves and strive diligently to enter that rest [of God, to know and experience it for ourselves], that no one may fall or perish by the same kind of unbelief and disobedience [into which those in the wilderness fell]." (Hebrews 4:11 AMP)

Are you determined to do exactly what your Father has instructed you to do to enter His rest? The words "zealous" and "strive diligently" tell you how to enter into God's rest. You will enter God's rest if you work steadily at renewing your mind by studying God's Word each day (see II Corinthians 4:16 and Ephesians 4:23) and if you pay the price of obeying God's instructions to consistently meditate day and night on the holy Scriptures (see Joshua 1:8 and Psalm 1:1-3).

You will not fail because of unbelief and disobedience the way the Israelites failed. You must not attempt to fight battles that God will fight for you. "... the battle is not yours, but God's." (II Chronicles 20:15 KJV)

Some Christians make a major mistake when they face severe problems because they try to do God's job for Him. The more you attempt to fight battles by yourself, the more fear will be able to obtain a foothold in your mind and your heart.

Hezekiah was the king of Judah for 29 years from 724 to 695 BC. Hezekiah faced a great deal of adversity when he was king. He knew that he had to trust God to fight the battles that his army could not fight and win. "With him is an arm of flesh, but with us is the Lord our God to help us and to fight our battles. And the people relied on the words of Hezekiah king of Judah." (II Chronicles 32:8 AMP)

The words "an arm of flesh" refer to fighting battles with the limitations of your human abilities. You have seen that God is with you at all times. Your Father wants to help you. He wants to fight your battles for you. He wants you to trust Him totally, completely and absolutely. "The Lord will fight for you, and you shall hold your peace and remain at rest." (Exodus 14:14 AMP)

These words that Moses spoke to the Israelites many years ago apply to you today. You can be certain that God is with you at all times. He wants you to have absolute faith that He will fight for you if you will let go and trust Him completely. "...the LORD your God is the one who goes with you to fight for you against your enemies to give you victory." (Deuteronomy 20:4 NIV)

The last two chapters have been filled with instructions from the Word of God that repeatedly tell you that you must not struggle and strain trying to carry burdens that God will carry for you. Your Father wants you to be calm, quiet and confident when you face difficult problems. He wants you to rest in Him and to trust Him completely.

Chapter 22

Perfect Love Overcomes Fear

In this chapter you will learn God's primary instruction to you in regard to overcoming fear. Once we have studied this very important verse of Scripture, we then will study three additional passages of Scripture that will explain exactly what God wants you to do to carry out this specific instruction.

This one instruction is so important that we will devote four chapters so that you will learn exactly what to do to carry out the following instruction from God. “There is no fear in love [dread does not exist], but full-grown (complete, perfect) love turns fear out of doors and expels every trace of terror! For fear brings with it the thought of punishment, and [so] he who is afraid has not reached the full maturity of love [is not yet grown into love’s complete perfection].” (I John 4:18 AMP)

This verse of Scripture tells you that perfect love is required to cast fear out of your life. The first six words of this verse “there is no fear in love” explain that love is the key to overcoming fear in your life. The words “dread does not exist” in the amplification are very important. You will not dread anything that could happen to you if you learn what perfect love is and if you faithfully obey God’s specific instructions for perfect love to be developed in your life.

You will not be afraid of anyone or anything if you learn how to grow and mature into perfect love. Perfect love is much greater and much more powerful than any problem that will ever tempt you to be afraid.

We believe that difficult times are coming upon the world. Jesus said that fear will run rampant throughout the earth as the day of His return draws closer (see Luke 21:26). We believe that Christians everywhere must understand this verse of Scripture. If you learn and faithfully obey God’s instructions pertaining to perfect love, you will not be afraid, regardless of the circumstances you face.

The amplification of the last sentence of I John 4:18 says that, if you are afraid, you have not grown and matured into perfect love. This verse does not say that there is no fear in faith or that perfect faith casts out fear. You are not made perfect in faith. Faith by itself cannot overcome fear. You must understand the vital importance of perfect love so that you can be completely set free from fear.

We now are ready to study three passages of Scripture that tell you exactly what your Father instructs you to do to live in perfect love. Once we have discussed this Scripture we then will devote one subsequent chapter to each of these three passages of Scripture. You will be able to see for yourself exactly what your Father instructs you to do to be set free from fear. “...God is love, and he who dwells and continues in love dwells and continues in God, and God dwells

and continues in him. In this [union and communion with Him] love is brought to completion and attains perfection with us..." (I John 4:16-17 AMP)

The first three words of this passage of Scripture are very important – "God is love." This passage does not say that God has love. God and love are one and the same. The words "God" and "love" are interchangeable.

You then are instructed to "dwell and continue in love." If you dwell and continue in love, you dwell and continue in God. Every aspect of your life revolves around God. The amplification says that your "union and communion" with God is the key to perfect love. If you have a very close and intimate relationship with God, His love will be perfected in you. You will not be afraid of anything.

If you are interested in specific scriptural instructions on how to develop an intimate relationship with God, we refer you to our book, *A Close and Intimate Relationship with God*. This book is solidly anchored upon almost 500 verses of Scripture with a simple and easy-to-understand explanation of each verse. This book also contains a Study Guide for personal and group Bible study.

God's love will be completed and perfected in you if every aspect of your life is centered around the intimacy of your relationship with Him. If you do your very best to learn and obey everything your Father has instructed you to do to draw close to Him, you will dwell in love.

Fear will not be able to obtain a foothold in your life regardless of the circumstances you face. Fear can only get into your mind and your heart to the degree that you are separated from God.

God is love. Satan is fear. Love and fear are like oil and water. They do not mix. The more you have of one, the less you have of the other.

We now are ready to look again at a verse of Scripture that we studied in Chapter 2. We will look at the following verse specifically in regard to perfect love and casting fear out of your life. "...the whole world [around us] is under the power of the evil one." (I John 5:19 AMP)

We thoroughly discussed Satan and his influence on the world in Chapters 2 and 3. There is no question that Satan and his demons have increased their degree of influence upon the world in recent years. Unbelievers and some Christians are directly under the influence of Satan and his demons.

Satan's demons will do everything they can to influence you to be afraid. You must not give in to their deception. Perfect love is the key to casting all fear out of your life regardless of the seeming severity of any adversity you face.

Satan does not want you to have a close and intimate relationship with God. Satan knows that an intimate relationship with God leads to perfect love which will block his demons from influencing you to be afraid when you face seemingly severe problems.

Satan's demons will try to influence you to be so busy with other goals that you believe you cannot find time to be alone with God to study and meditate on Scripture regarding a close and intimate relationship with Him. If you put God first and keep Him first as He has instructed you to do (see Matthew 6:33), you will continually draw closer to God. God's love will be perfected in you and fear will not be able to obtain a foothold in your life.

In Chapters 12 through 14 we shared several verses of Scripture that assure you that God lives in your heart and that He is with you at all times. Fear will not be able to get into your life if every aspect of your life revolves around your absolute certainty that God does live in your heart.

Think of the most loving person you have ever known. Think about the degree of fear that you have seen in this person's life. There is no question that there is a direct relationship between the degree of fear in peoples' lives and their awareness of God's love for them, their love for God and their love for other people.

The following passage of Scripture gives you the second instruction from God that explains how His love will be perfected in you. "Beloved, if God loved us so [very much], we also ought to love one another. No man has at any time [yet] seen God. But if we love one another, God abides (lives and remains) in us and His love (that love which is essentially His) is brought to completion (to its full maturity, runs its full course, is perfected) in us!" (I John 4:11-12 AMP)

This passage of Scripture says that, if you consistently love other people, God will abide in you and His love will be completed and perfected in your life. You have seen that perfect love comes from abiding in God and centering every aspect of your life around Him. You now see that perfect love also will be manifested in your life to the degree that you reach out to other people with unconditional love. We will explain exactly how to do this in Chapter 24.

Your Father is very specific in His instructions about love being perfected in you. Now that you have read the first two instructions from God about His love being perfected in you we

are ready to study the third instruction. "...he who keeps (treasures) His Word [who bears in mind His precepts, who observes His message in its entirety], truly in him has the love of and for God been perfected (completed, reached maturity)." (I John 2:5 AMP)

The Word of God is a spiritual treasure. Your Father has given you this supernatural treasure so that you can learn to live the way He instructs you to live. Is God's Word a treasure in your life? Do you do everything you can to consistently study and meditate on God's Word to learn how your Father wants you to live? Do you do your very best to obey these specific instructions?

The words "observes His message in its entirety" in the amplification of this verse explain the importance of learning everything you can about the instructions your Father has given to you. The more of God's instructions that you learn and obey, the more the love of and for God will be perfected in your life.

Disobedience to these instructions enable Satan's demons to harass you and pull you toward destructive choices. Your knowledge of God's instructions and your obedience to these instructions enable you to walk in the victory that Jesus Christ won over Satan. Manifestation of this victory will be automatic for all Christians after they die and go to heaven. However, manifestation of this victory is not automatic in your life here on earth.

You must learn what God's Word has instructed you to do to walk in this victory at all times. In the area of fear you must learn exactly what your Father has instructed you to do to walk in perfect love.

In this chapter you have learned that love is perfected in you to the degree that every aspect of your life centers around God, to the degree that you consistently love other people and to the degree that you learn and faithfully obey God's instructions. Now that we have established the three instructions that your Father has given to you so that His love will be perfected in your life, we are ready to look into His Word to study in detail how these three instructions can and will be manifested in your life. Each of the next three chapters will deal with one of these passages of Scripture to explain how God's love can be perfected in your life.

Chapter 23

God's Unconditional Love for You

In the last chapter we studied I John 4:18. The contents of this verse are vitally important to any person who is afraid. This verse of Scripture says that perfect love will cast fear out of your life and that any person who is afraid is not experiencing perfect love.

We then studied three additional passages of Scripture to see what the Bible says about how love is perfected. We saw that love is perfected in three ways:

- Love is perfected as a result of a close and intimate relationship with God and staying close to God at all times.
- Love is perfected by loving other people unconditionally regardless of how they treat you.
- Love is perfected by showing your love for God by continually learning and constantly doing your best to obey all of the instructions He has given you in the Bible.

In this chapter we will expand on the following verse of Scripture that we looked at in the last chapter. "...we know (understand, recognize, are conscious of, by observation and by experience) and believe (adhere to and put faith in and rely on) the love God cherishes for us. God is love, and he who dwells and continues in love dwells and continues in God, and God dwells and continues in him. In this [union and communion with Him] love is brought to completion and attains perfection with us ..." (I John 4:16-17 AMP)

This passage of Scripture essentially says that you must trust completely in God's incredible love for you and that you should constantly abide in God and His love. You should stay so close to your Father at all times that you consistently receive manifestation of His great love for you.

Your Father wants you to dwell continually in His love for you. You should always be conscious of His indwelling presence. He wants you to have absolute faith in Him at all times regardless of the circumstances you face.

Jesus Christ gave His life for every person who lived on earth at the time He was crucified and also for all of the billions of people who would live during the many years after His death, resurrection and ascension into heaven. "For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life." (John 3:16 KJV)

Jesus died on the cross at Calvary and rose from the dead so that every person who believes that He paid the full price for their sins will live eternally in heaven. (See the Appendix

in the back of this book for complete scriptural instructions that explain what you should do to be certain that you will live eternally in the glory of heaven instead of suffering throughout eternity in hell.)

Jesus loves every person so much that He gave His life for all people who lived during His earthly ministry and for every person who would live from that time forward. "...at just the right time, when we were still powerless, Christ died for the ungodly. Very rarely will anyone die for a righteous man, though for a good man someone might possibly dare to die. But God demonstrates his own love for us in this: While we were still sinners, Christ died for us." (Romans 5:6-8 NIV)

If you meditate on John 3:16 and Romans 5:6-8, you will be focusing on the incredible love that God has for you and the tremendous love that Jesus has for you. Jesus loves you so much that He actually became lower than the angels He created.

Jesus willingly stripped Himself of the royalty that was His as the Son of God to come to earth as a mere human being to die a horrible death to pay the full price for all of your sins. "...we are able to see Jesus, Who was ranked lower than the angels for a little while, crowned with glory and honor because of His having suffered death, in order that by the grace (unmerited favor) of God [to us sinners] He might experience death for every individual person." (Hebrews 2:9 AMP)

Jesus loves you so much that He gave up all of His privileges as the Son of God to come to earth to die a horrible death by crucifixion for you. Jesus loves you just as much as God loves Him. He said, "I have loved you, [just] as the Father has loved Me; abide in My love [continue in His love with Me]." (John 15:9 AMP)

Stop and think for a moment about how much God must love His Son. You must understand that Jesus loves you just as much as His Father loves Him. Jesus wants you to be completely secure in His incredible love for you.

Your awareness of His love is the greatest security you can possibly have. You will never be afraid, regardless of the circumstances you face, if you consistently meditate on these great spiritual truths about the supernatural love that Jesus has for you.

Jesus instructs you to "continue" in His love. He wants you to be conscious of His great love for you at all times regardless of the circumstances you face. The Bible teaches that God loves you so much that the sacrifice that Jesus made for you at Calvary actually enables you to

become His beloved child. “See what [an incredible] quality of love the Father has given (shown, bestowed on) us, that we should [be permitted to] be named and called and counted the children of God! And so we are!...” (I John 3:1 AMP)

If Jesus Christ is your Savior, you are God’s beloved child. You can be certain that God is your Father. You are a member of the royal family of God. Your loving Father cares about every little detail in your life. Jesus said, “Are not two little sparrows sold for a penny? And yet not one of them will fall to the ground without your Father’s leave (consent) and notice. But even the very hairs of your head are all numbered. Fear not, then; you are of more value than many sparrows.” (Matthew 10:29-31 AMP)

God is interested in every detail of your life just as loving parents here on earth are interested in every aspect of the lives of their children. If God cares about everything that happens to a sparrow, you can be certain that He cares about every minute detail in your life. God’s incredible love for you should be your greatest source of security at all times. God said, “...though the mountains should depart and the hills be shaken or removed, yet My love and kindness shall not depart from you...” (Isaiah 54:10 AMP)

Lean on God’s love. Focus on His love. Fill your eyes, your ears, your mind, your heart and your mouth day and night with Scripture pertaining to God’s love. Refuse to allow conditions in the world, no matter how difficult they may seem, to deter you from your constant focus on and absolute trust in your Father and His love for you. God’s love will be perfected in your life to the degree that you focus on His love regardless of the seeming severity of the circumstances you face.

Jesus loves you so much that nothing can separate you from His love for you. “Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? As it is written: ‘For your sake we face death all day long; we are considered as sheep to be slaughtered.’ No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.” (Romans 8:35-39 NIV)

This passage of Scripture lists a wide variety of potential calamities. No matter how difficult the adversity you face may seem, nothing can separate you from the love of God in

Jesus Christ. The words “more than conquerors” in this passage of Scripture are very important. The victory that Jesus won when He rose from the dead is so great and powerful that you are not just a conqueror over every problem you will ever face. You are more than a conqueror because you can and should share in the greatest victory that has ever been won (see John 16:33, II Corinthians 2:14 and I John 5:45).

Refuse to be dismayed by any problem you face, no matter how severe this problem may seem. Meditate day and night on Scripture pertaining to the love of Jesus Christ and the victory that He won for you. Boldly speak this Scripture. Do not allow the seeming severity of whatever problems you face to penetrate into your mind and your heart.

Have absolute faith in God’s love for you and in the victory that Jesus won for you. Refuse to give up. Know that the victory of Jesus Christ is your victory if you meditate day and night on Scripture pertaining to His love and the total, complete and absolute victory that He won for you.

You will not be afraid of anything if you meditate continually on these great spiritual truths. You will be certain that God and His supernatural love for you will sustain you at all times. “...O man greatly beloved, fear not! Peace be to you! Be strong, yes, be strong....” (Daniel 10:19 AMP)

Your Father has consistently instructed you not to be afraid. He wants His love to be perfected in you. He has given you His supernatural peace. He has given you His supernatural strength. He does not want you to be afraid of anything at any time regardless of how severe the problem may seem. “...the Lord is gracious, merciful, and full of loving compassion.” (Psalm 111:4 AMP)

If you abide in God, you will live in a continual consciousness of His love for you. Every area of your life will revolve around your absolute certainty of God’s incredible love for you. You will be conscious of God’s grace, mercy and love throughout every day of your life. “...goodness, mercy, and unfailing love shall follow me all the days of my life...” (Psalm 23:6 AMP)

Why would you ever be afraid of anything if you are absolutely certain that God is your loving Father? God wants you to trust Him totally, completely and absolutely at all times regardless of the circumstances you face. “...I will set him on high, because he knows and

understands My name [has a personal knowledge of My mercy, love, and kindness—trusts and relies on Me, knowing I will never forsake him, no, never].” (Psalm 91:14 AMP)

Your Father promises to lift you above the problems you face if you know Him intimately and trust completely in His love, mercy and forgiveness. He wants you to be absolutely certain that He is with you at all times and that He will never forsake you.

God knows everything about you. He knows all of your faults and shortcomings. He still loves you totally, completely and unconditionally. Your Father does not condemn you for anything. “...there is now no condemnation for those who are in Christ Jesus” (Romans 8:1 NIV)

The apostle Paul prayed that the Ephesians would be able to grasp the magnitude of the love of Christ. Paul said, “...I pray that you, being rooted and established in love, may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.” (Ephesians 3:17-19 NIV)

The words “rooted and established in love” are extremely important. Every aspect of your life should be deeply rooted in your awareness of Jesus Christ’s love for you. If you consistently meditate on these verses of Scripture pertaining to God’s love for you, His love will be perfected in your life.

When little children are afraid and their loving parents reassure them and comfort them, fear disappears. You should have similar childlike trust in your Father and His great love for you. Focus on His indwelling presence. Know that He is with you at all times and that He has repeatedly said that He does not want you to be afraid of anyone or anything.

The love of God is the greatest power in the entire universe. Nothing in the world can stand up against the love of God. If you stay close to God by meditating consistently on these great spiritual truths, His love will be perfected in your life. Fear will not be able to obtain a foothold in your mind and your heart.

Chapter 24

Your Love for Other People

In this chapter we will continue to study what the Bible says about God’s love being perfected in you so that you will never be afraid. We will focus on the following passage of

Scripture that we have studied previously. “Beloved, if God loved us so [very much], we also ought to love one another. No man has at any time [yet] seen God. But if we love one another, God abides (lives and remains) in us and His love (that love which is essentially His) is brought to completion (to its full maturity, runs its full course, is perfected) in us!” (I John 4:11-12 AMP)

You have seen that perfection of the love of God comes from having a close and intimate relationship with God where you are constantly aware of God’s love for you. You cannot love God and receive His love unless you reach out to others with love. “If anyone says, I love God, and hates (detests, abominates) his brother [in Christ], he is a liar; for he who does not love his brother, whom he has seen, cannot love God, Whom he has not seen. And this command (charge, order, injunction) we have from Him: that he who loves God shall love his brother [believer] also.” (I John 4:20-21 AMP)

This passage of Scripture refers specifically to your relationship with your brothers and sisters in Christ. You should love every person who has received Jesus as his or her Savior, regardless of how these people treat you. You cannot love God and receive God’s love for you unless you love other believers unconditionally. If you have a close and intimate relationship with God and if you are continually conscious of His love for you, you will love other people unconditionally. “He who does not love has not become acquainted with God [does not and never did know Him], for God is love.” (I John 4:8 AMP)

You may think that you know God intimately, but if you do not love every person unconditionally you do not know God intimately because “God is love.” Jesus said, “...Love your enemies, do good to those who hate you, bless those who curse you, pray for those who mistreat you. If someone strikes you on one cheek, turn to him the other also. If someone takes your cloak, do not stop him from taking your tunic. Give to everyone who asks you, and if anyone takes what belongs to you, do not demand it back. Do to others as you would have them do to you.” (Luke 6:27-31 NIV)

You saw that I John 4:20-21 refers to loving your brothers and sisters in Christ. You should love all of your Christian brothers and sisters unconditionally, but Jesus goes even further in Luke 6:27-31. He instructs you to love your enemies, to do good to people who hate you, to bless people who curse you and to pray for people who mistreat you.

If someone hits you on the cheek, Jesus instructs you to offer your other cheek to this person. If someone takes part of your clothing, offer to give your coat. You should give freely to

everyone. You are instructed to reach out to all people with unconditional love regardless of how they treat you.

We must clarify that, if you are being abused in any way or if anyone in your family is being abusive in any way, you are to love this person with God's unconditional love. However, you definitely and unequivocally should do everything possible to stop the abuse from continuing. Seek help and refuge from any abusive situation. You will be showing God's love to the abusive person if you do not allow the abuse to continue. This person needs help and is inflicting damages to each person involved.

God's ways are very different from the ways of the world (see Isaiah 55:8-9). Most people love conditionally. They love those who treat them the way that they want to be treated.

God's love will not be perfected in you if you do not obey the specific instructions that you are reading. Jesus said, "You have heard that it was said, 'Love your neighbor and hate your enemy.' But I tell you: Love your enemies and pray for those who persecute you, that you may be sons of your Father in heaven. He causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous. If you love those who love you, what reward will you get? Are not even the tax collectors doing that? And if you greet only your brothers, what are you doing more than others? Do not even pagans do that? Be perfect, therefore, as your heavenly Father is perfect." (Matthew 5:43-48 NIV)

The final sentence in this passage of Scripture is very important. You are instructed to strive to be perfect as your Father in heaven is perfect. God's love will be perfected in you if you love everyone unconditionally, regardless of how they treat you. "...When we are cursed, we bless; when we are persecuted, we endure it; when we are slandered, we answer kindly...." (I Corinthians 4:12-13 NIV)

God tells you again and again that you should love others even if you perceive that they have treated you unfairly. Faithfully obey your Father's instructions. Trust Him to work everything out.

How can you love people who treat you despicably? Your imperfect human love often will be insufficient to love every person unconditionally. You must understand that God's supernatural love has been poured into your heart if Jesus Christ is your Savior. "...God's love has been poured out in our hearts through the Holy Spirit Who has been given to us." (Romans 5:5 AMP)

You cannot love people who are extremely difficult to love with sheer willpower. You cannot love these people with your imperfect human love. You can only love them with the perfect love of God that was placed in your heart by the Holy Spirit when Jesus Christ became your Savior.

If you are having a difficult time loving someone, meditate continually on this great spiritual truth. Open your mouth and speak this glorious truth again and again. Let your ears hear your mouth repeatedly saying that you can love people who are extremely difficult to love because God's love has been poured into your heart.

God repeatedly instructs you to love others unconditionally with His perfect love that is in your heart. "Love endures long and is patient and kind; love never is envious nor boils over with jealousy, is not boastful or vainglorious, does not display itself haughtily. It is not conceited (arrogant and inflated with pride); it is not rude (unmannerly) and does not act unbecomingly. Love (God's love in us) does not insist on its own rights or its own way, for it is not self-seeking; it is not touchy or fretful or resentful; it takes no account of the evil done to it [it pays no attention to a suffered wrong]. It does not rejoice at injustice and unrighteousness, but rejoices when right and truth prevail. Love bears up under anything and everything that comes, is ever ready to believe the best of every person, its hopes are fadeless under all circumstances, and it endures everything [without weakening]. Love never fails..." (I Corinthians 13:4-8 AMP)

God's perfect love is patient and kind. There is no pride involved in God's perfect love. Perfect love is humble. Perfect love is not envious, jealous, boastful or proud. If you love others with God's perfect love, you will not insist on everything being done your way.

You should always do your best to place God first, other people second and yourself last. You should do your best not to react with the righteous indignation of the world when you perceive that people are treating you unfairly. God's perfect love always believes the best of others regardless of how these people act. Love never fails.

God's perfect love in your heart is more than sufficient no matter how other people treat you. Your Father does not want you to criticize people and tear them down. He wants you to look for and focus on the good qualities in others.

If you treat people this way, the love of God will be perfected in your life. Fear will not be able to obtain a foothold in your mind and your heart. "Anyone who claims to be in the light but hates his brother is still in the darkness. Whoever loves his brother lives in the light, and

there is nothing in him to make him stumble. But whoever hates his brother is in the darkness and walks around in the darkness; he does not know where he is going, because the darkness has blinded him.” (I John 2:9-11 NIV)

In the Bible, light is associated with God and good. Darkness is associated with Satan and evil. Hatred and other strong negative emotions give Satan and his demons an opportunity to deceive you. If you love everyone unconditionally, you will be living in God’s light. Satan’s demons will not be able to obtain a foothold in your life with fear or in any other way.

God’s love will be perfected in your life if you live the way your Father has instructed you to live. “...he who loves his neighbor [who practices loving others] has fulfilled the Law [relating to one’s fellowmen, meeting all its requirements]. The commandments, You shall not commit adultery, You shall not kill, You shall not steal, You shall not covet (have an evil desire), and any other commandment, are summed up in the single command, You shall love your neighbor as [you do] yourself. Love does no wrong to one’s neighbor [it never hurts anybody]. Therefore love meets all the requirements and is the fulfilling of the Law.” (Romans 13:8-10 AMP)

God did not suggest that you love other people unconditionally. He has commanded you to love others unconditionally. Unconditional love meets all of the requirements that God has given in the Ten Commandments (see Exodus 20:13-17).

You should never have a sense of superiority toward other people. You should never condemn others. If someone has fallen, you should do everything you can to reach out to help this person. “...if any person is overtaken in misconduct or sin of any sort, you who are spiritual [who are responsive to and controlled by the Spirit] should set him right and restore and reinstate him, without any sense of superiority and with all gentleness, keeping an attentive eye on yourself, lest you should be tempted also.” (Galatians 6:1 AMP)

The words “without any sense of superiority and with all gentleness” in this verse refer to the perfect love of God. Always be kind and gentle. Realize that you also have human weaknesses and shortcomings. Do not judge other people (see Matthew 7:1). Love them unconditionally. “Above all, love each other deeply, because love covers over a multitude of sins. Offer hospitality to one another without grumbling.” (I Peter 4:8-9 NIV)

The words “above all” at the beginning of this passage of Scripture emphasize the importance that God places on loving others unconditionally. You are instructed to love others “deeply.” Your love should not be shallow or conditional.

You are instructed to “offer hospitality” to others. Reach out to other people as if they were guests in your home. Treat these people with unconditional love. Do not grumble, gripe or complain.

Every sin is rooted in selfishness. Can you think of one sin that is not rooted in selfishness? Selflessness is extremely effective in overcoming sin. Selflessness puts God first, other people second and yourself last.

God’s blessings come when you live the way He has instructed you to live. This chapter is filled with Scripture that instructs you to love unconditionally. You are told how to love other people who are difficult to love. You do this with the perfect love of God that was placed in your heart when you received Jesus Christ as your Savior.

Reach out to others with the perfect love of God that is in your heart regardless of how these people treat you. “Let everything you do be done in love (true love to God and man as inspired by God’s love for us).” (I Corinthians 16:14 AMP)

God’s instructions are very clear. He instructs you to love at all times. He wants you to love others unconditionally because you have a constant awareness of His unconditional love for you. God’s love will be perfected in you if you love this way. You have seen that perfect love casts fear out of your life (see I John 4:18). You will not be afraid of anyone or anything if you live in God’s perfect love.

Chapter 25

Your Love for God

We have been studying God’s perfect love. You have learned that God’s love is perfected in you by maintaining a close and intimate relationship with God. You have learned that God’s love is perfected in you when you love other people unconditionally with God’s love that was placed in your heart when Jesus became your Savior.

In this chapter we will learn the third way for God’s love to be perfected in you. We will explain in more detail the following verse of Scripture that we have studied previously. “...he

who keeps (treasures) His Word [who bears in mind His precepts, who observes His message in its entirety], truly in him has the love of and for God been perfected (completed, reached maturity). By this we may perceive (know, recognize, and be sure) that we are in Him.” (I John 2:5 AMP)

God’s Word, the Bible, is a supernatural spiritual treasure. If you continually do your best to learn and to obey God’s instructions, His love will be perfected in you. “...the [true] love of God is this: that we do His commands [keep His ordinances and are mindful of His precepts and teaching]. And these orders of His are not irksome (burdensome, oppressive, or grievous).” (I John 5:3 AMP)

All Christians will say that they love God, but if you ask them exactly what the Bible instructs them to do to show their love for God, many Christians will not know the answer to this question. Children show their love for their parents by obeying their parents’ instructions. This same principle applies in the spiritual realm. You show your love for your Father by consistently doing your best to learn and obey the instructions He has given to you.

Some people think that doing what God has asked them to do will restrict them. You are told that God’s instructions “are not irksome.” Your life will be full, balanced and complete if you consistently learn and obey your Father’s instructions. Jesus explained this principle when He said, “Anyone who does not [really] love Me does not observe and obey My teaching ...” (John 14:24 AMP)

You wouldn’t think of saying, “Jesus, I do not love You,” but this is exactly what some Christians do without realizing what they are doing. Some Christians think that they are too busy to study the Bible every day. Your Father has instructed you to renew your mind in His Word by studying the Bible each day (see II Corinthians 4:16 and Ephesians 4:23). How can you obey God’s instructions if you don’t know what they are?

Unfortunately, some Christians make this mistake. As a result, God’s love is not perfected in them and fear is able to obtain a foothold in their lives. Jesus said, “If you obey my commands, you will remain in my love, just as I have obeyed my Father’s commands and remain in his love. I have told you this so that my joy may be in you and that your joy may be complete.” (John 15:10-11 NIV)

Jesus abided in God's love at all times because He obeyed His Father's instructions. This same principle applies in your life. You will abide in the love of Jesus Christ at all times and fear will not be able to obtain a foothold in your life if you do what Jesus has instructed you to do.

Your heart will be filled with joy if you consistently obey God's instructions. Jesus said, "The person who has My commands and keeps them is the one who [really] loves Me; and whoever [really] loves Me will be loved by My Father, and I [too] will love him and will show (reveal, manifest) Myself to him. [I will let Myself be clearly seen by him and make Myself real to him.]" (John 14:21 AMP)

The Word of God repeatedly tells you that you show your love for God and for Jesus by learning and obeying God's instructions. If you continually learn and obey God's instructions, you will receive the love of God and the love of Jesus. You will not be afraid if you abide in God's love.

Jesus will reveal Himself to you if you consistently obey God's instructions. You will block Jesus from manifesting Himself in your life if you do not habitually learn and obey His instructions. Fear cannot get into your heart if Jesus is continually revealing Himself to you.

You must understand the vital importance of loving God wholeheartedly. Jesus said, "... You shall love the Lord your God with all your heart and with all your soul and with all your mind (intellect). This is the great (most important, principal) and first commandment." (Matthew 22:37-38 AMP)

Nothing should come ahead of your love for God. The first and greatest of the Ten Commandments instructs you to love God with all your heart, with all your soul and with all your mind.

God loves you so much that He sent His beloved Son from heaven to die a horrible death and to actually become sin to pay the price for all of your sins. You should show your love for God and for Jesus because They clearly have shown Their love for you. "We love him, because he first loved us." (I John 4:19 KJV)

You should be so grateful to God for His love for you that you will always do your very best to demonstrate your love for Him. You must understand the vital importance of learning how your Father has instructed you to live and doing your best at all times to obey His instructions. "Hold on to instruction, do not let it go; guard it well, for it is your life." (Proverbs 4:13 NIV)

You are instructed to “hold on” to the instruction that your Father has given to you. Refuse to let go of God’s instructions. Faithfully obey your Father’s instructions to consistently study and meditate on His Word. You should program yourself with God’s Word. Fill your eyes, your ears, your mind, your heart and your mouth with God’s Word throughout every day and night of your life.

You are instructed to “guard” the Word of God as the precious spiritual treasure that it is. You must not allow anything to stop you from your unwavering commitment to learn and obey your Father’s instructions.

The psalmist understood the importance of learning and obeying God’s instructions. He said, “Streams of water run down my eyes, because men do not keep Your law [they hear it not, nor receive it, love it, or obey it].” (Psalm 119:136 AMP)

The psalmist actually cried when he thought of the severe penalty that many people pay for ignoring or disobeying God’s instructions. You should love the Word of God so much that you cannot get enough of it. You should yearn to continually learn more and more from your Father’s Book of Instructions, the Bible.

You should be humble and teachable. You should soak up God’s instructions day after day, week after week, month after month and year after year. You should immerse yourself in God’s Word and faithfully obey His instructions to renew your mind in His Word each day and to meditate day and night on the holy Scriptures.

Jesus explained the importance of learning and obeying God’s instructions when He said, “...whosoever heareth these sayings of mine, and doeth them, I will liken him unto a wise man, which built his house upon a rock: And the rain descended, and the floods came, and the winds blew, and beat upon that house; and it fell not: for it was founded upon a rock. And every one that heareth these sayings of mine, and doeth them not, shall be likened unto a foolish man, which built his house upon the sand: And the rain descended, and the floods came, and the winds blew, and beat upon that house; and it fell: and great was the fall of it.” (Matthew 7:24-27 KJV)

If you consistently learn what God has instructed you to do and if you faithfully obey God’s instructions, you will build your life upon a spiritual rock. When storms come into your life they will not be able to overcome you because your life will be built upon a rock-solid foundation.

Some Christians hear God's instructions preached in church, but they do not obey these instructions. Jesus said that these people are like a foolish man who built his house on a foundation of sand. These people will fall when they experience storms in their lives. Adversity will cause their hearts to be filled with fear.

Deep, strong and unwavering faith in God is required to overcome fear in your life. You must understand that your faith in God will not work if God's love does not prevail in your life. The apostle Paul said, "...if I have [sufficient] faith so that I can remove mountains, but have not love (God's love in me) I am nothing (a useless nobody)." (I Corinthians 13:2 AMP)

You can see that love is the most important ingredient in your life. Faith is great, but love is greater. Every aspect of your life should revolve around God's love for you, your love for God and your love for other people. Your faith in God is directly related to God's love being manifested in your life. "...faith activated and energized and expressed and working through love." (Galatians 5:6 AMP)

Your faith in God is put into operation through love. Your faith in God is energized through love. Faith works through love. There is no question that loving God, loving other people and living in God's love are vitally important keys to the deep, strong and unwavering faith in God that overcomes fear.

The last four chapters have been filled with supernatural truth from the holy Scriptures pertaining to God's love for you, your love for God and your love for others. Your faith in God is directly related to God's love. The ability of fear to get into your life is directly related to God's love.

The thirteenth chapter of I Corinthians is often referred to as the Love Chapter. The last verse in I Corinthians 13 says, "...these three remain: faith, hope and love. But the greatest of these is love." (I Corinthians 13:13 NIV)

Love is the key to faith. Love is the key to hope. Love is the key to overcoming fear in your life. You will receive freedom from fear and many other blessings from God if you keep yourself in the love of God. If you face seemingly severe adversity that tempts you to be afraid, go back over the last four chapters. Continually speak these great spiritual truths as you meditate on them. Fill your heart with God's perfect love and you will stop fear from getting into your life.

Chapter 26

God Does Not Want You to Be Proud and Self-Confident

In this chapter we will look into God's Word to learn great spiritual truths pertaining to the relationship between pride, humility and fear. Love and humility fit together. People who are consistently loving are humble. Most unloving people are proud and self-centered. "Who is wise and understanding among you? Let him show it by his good life, by deeds done in the humility that comes from wisdom." (James 3:13 NIV)

This verse speaks of a good life that consists of "deeds done in humility." You will be humble if you consistently receive godly wisdom and understanding. God instructs you to be humble. "He leads the humble in what is right, and the humble He teaches His way." (Psalm 25:9 AMP)

If you truly are humble, God will lead you, guide you and teach you. How can you be afraid if God is leading you, guiding you and teaching you?

Fear is able to dominate the lives of people who live in disobedience to God's instructions. Jesus explained the blessings that God gives to humble people when He said, "Whoever exalts himself [with haughtiness and empty pride] shall be humbled (brought low), and whoever humbles himself [whoever has a modest opinion of himself and behaves accordingly] shall be raised to honor." (Matthew 23:12 AMP)

You must not make the mistake of trying to impress people with how great you are. People who live this way ultimately will be humbled because they are trying to exalt themselves. If you are consistently humble, you will be exalted by God.

The Greek word "hupsoo" that is translated as "exalt" in this verse means to elevate or lift up. God will lift you up if you are consistently humble. You will bring yourself down if you are consistently proud.

People who are proud are much more likely to be fearful than Christians who are humble and loving. "Live in harmony with one another; do not be haughty (snobbish, high-minded, exclusive), but readily adjust yourself to [people, things] and give yourselves to humble tasks. Never overestimate yourself or be wise in your own conceits." (Romans 12:16 AMP)

You must not be proud and haughty. God instructs you to be humble at all times. His Word says that you never should be proud and haughty. Your Father will bless you abundantly if

you consistently are humble. "...He gives His undeserved favor to the low [in rank], the humble..." (Proverbs 3:34 AMP)

When this verse speaks of undeserved favor it speaks of God's grace. If you are consistently humble, your Father will give you blessings that you did not earn and do not deserve. "...the Lord [earnestly] waits [expecting, looking, and longing] to be gracious to you..." (Isaiah 30:18 AMP)

The amplification of this verse says that God longs to be gracious to you. Your Father yearns to pour out His grace upon His humble and loving children. "...though the Lord is high, yet has He respect to the lowly [bringing them into fellowship with Him]; but the proud and haughty He knows and recognizes [only] at a distance." (Psalm 138:6 AMP)

God is omniscient. He knows exactly how humble or how proud every person on earth is. Proud people separate themselves from God. Your Father will bring you into fellowship with Him if you are consistently humble. Fear cannot overwhelm you if you are close to God and you consistently fellowship with Him. Jesus said, "...everyone who exalts himself will be humbled, and he who humbles himself will be exalted" (Luke 14:11 NIV)

Jesus said that everyone who attempts to lift himself or herself above other people will be humbled. Everyone who truly is humble will be lifted up by God. The more you attempt to lift yourself up, the more you will be brought down. "Pride goeth before destruction, and an haughty spirit before a fall." (Proverbs 16:18 KJV)

The Word of God repeatedly says that you will bring severe problems into your life if you are proud. You ultimately will fall if you consistently are proud. You will give a foothold to Satan's demons to influence you to be afraid.

You saw in Chapter 2 that Satan at one time was an archangel named Lucifer and that his demons once were angels. Lucifer and his angels fell from heaven because they were proud. Pride brought Satan and his demons down. Satan wants to influence you to be proud. "...God sets Himself against the proud and haughty, but gives grace [continually] to the lowly (those who are humble enough to receive it)." (James 4:6 AMP)

The best way to overcome fear is to align yourself with God. The only way to have God on your side is to consistently humble yourself before Him. "...Clothe (apron) yourselves, all of you, with humility [as the garb of a servant, so that its covering cannot possibly be stripped from you, with freedom from pride and arrogance] toward one another. For God sets Himself against

the proud (the insolent, the overbearing, the disdainful, the presumptuous, the boastful) – [and He opposes, frustrates, and defeats them], but gives grace (favor, blessing) to the humble.” (I Peter 5:5 AMP)

What does God mean when He instructs you to “clothe” yourself with humility? Clothing covers your body. Your Father instructs you to cover yourself with humility at all times.

Your Father wants you to be consistently free from pride. Satan always wants the opposite of what God wants. Satan wants you to consistently be proud.

You saw in James 4:6 that God sets Himself against the proud. God says the same thing in this verse, but the amplification emphatically states that God “opposes, frustrates and defeats” proud people.

Can you imagine God actually opposing you? Can you imagine God frustrating you? Your loving Father will oppose you, frustrate you and defeat you if you are consistently proud. He will give you unmerited grace if you are consistently humble.

You must not put yourself in a spiritual position where you force your Father to oppose you and frustrate you because of your pride. Satan wants God to oppose you. Satan’s demons know that they can influence you with fear and other negative emotions if your pride puts you in a spiritual position where your loving Father is forced to oppose you.

The ways of the world are very different from God’s ways (see Isaiah 55:8-9). Many worldly courses teach the value of self-confidence. Your Father does not want you to be self-confident. “He who leans on, trusts in, and is confident of his own mind and heart is a [self-confident] fool, but he who walks in skillful and godly Wisdom shall be delivered.” (Proverbs 28:26 AMP)

You should be totally confident in who you are in Christ. If you trust in yourself and your confidence is in yourself, Satan’s demons will be able to get at you with fear and in other ways. Your Father does not want you to trust in yourself. He wants you to trust Him completely. You are foolish if you buy into worldly teaching pertaining to self-confidence. “...[self-confident] fools hate knowledge” (Proverbs 1:22 AMP)

Self-confident people exalt themselves. They do not want to know what God’s Word says. If biblical teachings conflict with what they think is right, they want to do what they want to do when they want to do it. They want to be in control. “A [self-confident] fool has no delight in understanding but only in revealing his personal opinions and himself.” (Proverbs 18:2 AMP)

Christians who faithfully obey God's instructions to renew their minds each day by studying His Word and to meditate day and night on His Word receive understanding from God. Proud and self-confident people have no desire to study the Bible every day and to meditate day and night on the holy Scriptures. Their lives are focused upon themselves. They delight in telling other people what they think and believe.

If you are proud and self-confident, you are exactly what Satan wants you to be. Pride will bring you down just as pride pulled Lucifer down from his exalted position in heaven and pulled his demons down from their position as angels in heaven. "...the careless ease of [self-confident] fools shall destroy them." (Proverbs 1:32 AMP)

Jesus said that Satan's goal is to destroy you. (see John 10:10). Satan and his demons will do everything they can to influence you to be self-confident because consistent pride and self-confidence will enable them to destroy you.

Self-confident people use their God-given talents and abilities to do what they want to do with their lives. They are overly impressed with themselves. They do not understand that they ultimately will bring destruction into their lives if they continue in their pride and self-confidence.

God consistently instructs you to put Him first, other people second and yourself last. Self-confident people do just the opposite. Their pride ultimately will bring fear and many other problems into their lives.

In this chapter you have seen many truths from God's Word concerning the blessings of humility and the destruction that ultimately is caused by pride. In the next chapter we will look into God's Word for additional truth pertaining to humbling yourself before God and other people.

Chapter 27

Surrender Control of Your Life

In this chapter we will look into God's Word for great spiritual truths that will explain why fear will come into your life when you are in control, but not when God is in control. You must understand that your Father does not want you to control your life. "...[the determination

of] the way of a man is not in himself; it is not in man [even in a strong man or in a man at his best] to direct his [own] steps.” (Jeremiah 10:23 AMP)

Please note that the word “not” is used twice in this verse of Scripture. Your Father does not want you to be in control of your life, no matter how much human ability He has given to you. You should be like the apostle Paul who said, “...I die daily [I face death every day and die to self].” (I Corinthians 15:31 AMP)

Paul emphasized that he died to his selfish desires every day of his life. Your life does not belong to you. Your life belongs to Jesus Christ because of the awesome price that He paid when He died a horrible death by crucifixion to pay for all of your sins. “You were bought with a price [purchased with a preciousness and paid for, made His own]. So then, honor God and bring glory to Him in your body.” (I Corinthians 6:20 AMP)

When Jesus died on the cross at Calvary and rose from the dead three days later, He essentially placed a “Paid in Full” sign on your life. Your life was purchased by the enormous price that Jesus paid for you. Your life belongs to Jesus.

You are here on earth to honor God and to glorify Him. “None of us lives to himself [but to the Lord], and none of us dies to himself [but to the Lord, for] If we live, we live to the Lord, and if we die, we die to the Lord. So then, whether we live or we die, we belong to the Lord. For Christ died and lived again for this very purpose, that He might be Lord both of the dead and of the living.” (Romans 14:7-9 AMP)

Please note that the word “none” is used twice in the first verse of this passage of Scripture. No person should be in control of his or her life. Every aspect of your life should be devoted to serving Jesus and doing what He wants done with your life.

Jesus will be the Lord of every Christian who joins Him in heaven. He also wants to be the Lord of your life here on earth. Jesus said, “...If any person wills to come after Me, let him deny himself [disown himself, forget, lose sight of himself and his own interests, refuse and give up himself] and take up his cross daily and follow Me [cleave steadfastly to Me, conform wholly to My example in living and, if need be, in dying also].” (Luke 9:23 AMP)

Jesus instructs you to deny yourself. He wants you to turn away from all selfish interests and desires. He wants you to die to these selfish desires just as He died for you on the cross.

If Jesus is your Savior, the Holy Spirit lives in your heart. If you yield control of your life to the Holy Spirit, He will guide you continually. The prophet Ezekiel said the following

prophetic words about Israel, “A new heart will I give you and a new spirit will I put within you, and I will take away the stony heart out of your flesh and give you a heart of flesh. And I will put my Spirit within you and cause you to walk in My statutes, and you shall heed My ordinances and do them.” (Ezekiel 36:26-27 AMP)

When you receive Jesus as your Savior, you are born again. Everything in your life becomes new because you become a part of the kingdom of God when you are born again (see John 3:3).

Jesus has put the Holy Spirit in your heart to act as your guide. If you faithfully obey God’s instructions to renew your mind in His Word each day and to meditate day and night on the holy Scriptures, the Holy Spirit will guide you continually. He will help you to learn and to faithfully obey the instructions your Father has given to you.

If you are going on a trip and you have access to a map that gives directions, you will study this map for directions. The Word of God can be compared to a road map. God’s directions are clearly given in His Word.

The Holy Spirit is your guide as you go through your life. “...walk and live [habitually] in the [Holy] Spirit [responsive to and controlled and guided by the Spirit]; then you will certainly not gratify the cravings and desires of the flesh (of human nature without God).” (Galatians 5:16 AMP)

The Holy Spirit wants to do more than just live in your heart. He wants to direct and control your life. He can only do this to the degree that you humbly turn away from selfish desires to gladly relinquish control to Him.

The word “habitually” in the amplification of this verse indicates that the Holy Spirit should control and guide your life at all times. You will not be afraid of anything if the Holy Spirit is in control of your life. Your life will be filled with love, joy and peace if you truly yield control to the Holy Spirit.

The Holy Spirit will bless you abundantly if you truly yield control to Him. “... the fruit of the [Holy] Spirit [the work which His presence within accomplishes] is love, joy (gladness), peace, patience (an even temper, forbearance), kindness, goodness (benevolence), faithfulness, gentleness (meekness, humility), self-control (self-restraint, continence)...” (Galatians 5:22-23 AMP)

We have studied the relationship between the love of God in your life and not being afraid. The Holy Spirit will produce love and additional spiritual fruit in your life when He is in control.

The first fruit of the Holy Spirit that is mentioned is the fruit of love. If the Holy Spirit truly is in control of your life, you will love other people regardless of how they treat you. You have learned that you show your love for God by obeying God's instructions. You then will abide in God's love.

If the Holy Spirit truly is in control of your life, your heart will sing with joy. You will be filled with the supernatural peace of God. Your faith in God will be deep, strong and consistent.

Please note that the word "humility" is used in the amplification of this passage of Scripture. Humility is produced when the Holy Spirit is in control of your life. Pride is manifested when you are in control of your life. You cannot be proud if the Holy Spirit truly is in control of your life. "If we live by the [Holy] Spirit, let us also walk by the Spirit. [If by the Holy Spirit we have our life in God, let us go forward walking in line, our conduct controlled by the Spirit.]" (Galatians 5:25 AMP)

You can only live a godly life to the degree that the Holy Spirit controls your life. You are instructed to walk by the Spirit. The amplification explains that you will walk in life the way that God wants you to walk if every aspect of your life is controlled by the Holy Spirit. "...you are living the life of the Spirit, if the [Holy] Spirit of God [really] dwells within you [directs and controls you]...." (Romans 8:9 AMP)

The Word of God repeatedly instructs you to yield control of your life to the Holy Spirit. The Bible teaches that there is a direct relationship between yielding control to the Holy Spirit and being completely set free from fear. "... all who are led by the Spirit of God are sons of God. For [the Spirit which] you have now received [is] not a spirit of slavery to put you once more in bondage to fear, but you have received the Spirit of adoption [the Spirit producing sonship] in [the bliss of] which we cry, Abba (Father)! Father! The Spirit Himself [thus] testifies together with our own spirit, [assuring us] that we are children of God." (Romans 8:14-16 AMP)

You truly are a son or daughter of God when your life is controlled by the Holy Spirit. You are controlled by a spirit of slavery and you are in bondage to fear when you are in control of your life.

The Holy Spirit will set you free from the bondage of fear when He is in control. The Holy Spirit will assure you that God really is your loving Father and that you truly are His beloved child. You will not be afraid of anyone or anything if you are absolutely certain that God is your Father, that you are His child. You will not be afraid if the Holy Spirit is in control of your life.

The Hebrew word “Abba” that is used in this passage of Scripture is similar to the English word “Daddy.” God wants you to be absolutely certain that He is your loving Father and that you are His beloved child. He wants you to trust Him just as little children trust their daddies who have consistently shown love for them.

The Bible teaches that every person on earth is either a child of God or a child of Satan. If you have not become a child of God by receiving Jesus Christ as your Savior, you are a child of Satan. “By this it is made clear who take their nature from God and are His children and who take their nature from the devil and are his children: no one who does not practice righteousness [who does not conform to God’s will in purpose, thought, and action] is of God...” (I John 3:10 AMP)

You become a child of God by choice. You become a child of God by choosing to receive Jesus Christ as your Savior. You are a child of Satan if you take no action.

Every person is born separated from God. You came into the world as a descendant of Adam. Jesus died on the cross to make it possible for you to be a member of the family of God. If you receive Jesus as your Savior, you become a member of the family of God.

Some Christians are members of the family of God, but they do not yield control of their lives to the Holy Spirit. These Christians bring problems into their lives. They place themselves in a spiritual position where Satan and his demons are able to influence them to be afraid and in other ways.

There is a direct relationship between fear obtaining a foothold in your life and pride and self-centeredness. Satan’s demons know that they can get at proud and self-centered people who are in control of their lives. They will do everything they can to influence you to control your life.

As you become more and more conscious of the fact that the Holy Spirit truly does live in your heart and that He can and will control your life if you allow Him to, you will not give in to fear. You cannot be afraid if the Holy Spirit truly is in control of your life.

Fear comes from focusing on yourself and whatever problems you face. Faith is produced when every aspect of your life revolves around God because your life is completely dedicated to Him. If God is in first place in your life and other people are in second place, Satan's demons cannot influence you with fear or in any other way.

This chapter contains a great deal of truth from the Word of God. These verses of Scripture clearly show you that your Father does not want you to control your life. You have seen that the Holy Spirit can and will guide every aspect of your life to the degree that you yield control of your life to Him because you trust Him completely.

If fear has obtained a foothold in your life, we recommend going back over the Scripture in this chapter and meditating on these verses. Boldly speak the Scripture that you are meditating on. Personalize your Scripture meditation. As you continually say what God says about giving up control of your life and trusting the Holy Spirit to control your life, you will decrease the ability of Satan's demons to influence you with fear and in other areas.

Chapter 28

God Does Not Want You to Worry about the Future

In this chapter we will look into God's Word to see what it says in regard to worrying about the future. Jesus was very specific in His instructions in this area. He said, "...do not worry or be anxious about tomorrow, for tomorrow will have worries and anxieties of its own. Sufficient for each day is its own trouble." (Matthew 6:34 AMP)

Jesus says that you should not allow worry and anxiety about the future to obtain a foothold in your mind and your heart. He instructs you to live one day at a time.

God's Word consistently tells you that you should not be afraid of anything that might happen in the future. "Fear nothing that you are about to suffer. [Dismiss your dread and your fears!]...." (Revelation 2:10 AMP)

The word "dismiss" means to send away. You should refuse to allow any fearful thoughts about what might happen to enter your mind. You will make a major mistake if you dwell upon what could happen in the future.

We live in a very unstable and insecure world. The world on the whole today is much more insecure than it was when your parents and your grandparents were your age. Many thinking people are extremely concerned about the future.

Unbelievers have good reason to be concerned about the future. They are in the world without God. If Jesus Christ is your Savior, you should trust God completely at all times – today, next week, next month, next year and in all future years.

Instead of worrying about the future you should faithfully obey your Father's instructions to meditate day and night on His Word. Immerse yourself in the Word of God. Meditate continually on Scripture references from this book and any other Scripture references you select that will encourage you to trust God completely instead of worrying about the future.

Your Father has given you many promises in His Word that tell you exactly what He will do during the uncertain future. These promises often are conditional. God will do exactly what He says He will do if you have absolute faith in Him and if you persevere in your faith in Him.

Live your life one day at a time. Trust God completely to bring you safely through each day. "Blessed be the Lord, Who bears our burdens and carries us day by day..." (Psalm 68:19 AMP)

God has promised to carry every burden. He has promised to carry these loads one day at a time. Do not concern yourself with any anticipated burdens of tomorrow, next week, next month, next year or several years from now. Stay close to God (see our book titled A Close and Intimate Relationship with God).

Trust God to bring you through the remainder of today. Do not allow your thoughts to go past the end of this day. "...as your day, so shall your strength, your rest and security, be." (Deuteronomy 33:25 AMP)

God has repeatedly promised to provide you with His supernatural strength (see Psalm 29:11, Isaiah 12:2 and 40:28-31, II Corinthians 12:9-10, Ephesians 6:10 and Philippians 4:13). He wants you to rest in your absolute certainty that He will strengthen you. He instructs you to trust Him to provide strength and security one day at a time. You should pray as Jesus prayed when He said, "Give us this day our daily bread" (Matthew 6:11 KJV)

Jesus did not pray for food for a week or a month. He prayed for food for today. Your Father wants you to trust Him to provide food and every other need today. He wants your heart

to sing with joy because you are trusting Him completely one day at a time. “This is the day the LORD has made; let us rejoice and be glad in it.” (Psalm 118:24 NIV)

Regardless of what has happened in the past or what might happen in the future, you should treat each new day as a precious gift from God. Today is the first day of the rest of your life. Be thankful for each day. Make the best of today. Rejoice throughout each day.

Praise God and thank Him because you are certain that He is in complete control (see I Chronicles 29:11-12). God reigns over all the earth, but you must understand that Satan rules the world and the lives of all people who are still under his control and dominion (see I John 5:19).

Trust God completely. Refuse to get ahead of Him by worrying about what might happen in the future. “It is because of the Lord’s mercy and loving-kindness that we are not consumed, because His [tender] compassions fail not. They are new every morning...” (Lamentations 3:22-23 AMP)

Your loving Father is kind and merciful. He knows exactly what you are going through. He will bring you safely through today if you trust Him completely.

God is very compassionate toward you. He will give you a fresh supply of His compassion every morning. Turn to Him with absolute trust.

Refuse to allow concerns about the future to get into your mind and from there down into your heart. Instead, fill your heart continually with the Word of God. “Anxiety in a man’s heart weighs it down, but an encouraging word makes it glad.” (Proverbs 12:25 AMP)

This verse explains that anxiety will cause you to have a heavy heart. Instead of being anxious you should fill your heart continually with the supernatural living Word of God. If your heart is filled with God’s Word, you will have a glad heart, not a heavy heart.

The following words that King Solomon spoke to his son also are your Father’s instructions to you. “My son, attend to my words; consent and submit to my sayings. Let them not depart from your sight; keep them in the center of your heart. For they are life to those who find them, healing and health to all their flesh. Keep and guard your heart with all vigilance and above all that you guard, for out of it flow the springs of life.” (Proverbs 4:20-23 AMP)

Your Father instructs you to pay close attention to His Word. He wants you to learn and faithfully obey all of the instructions He has given to you. He says that you should not allow His Word to depart from your sight.

How can you obey these instructions? You cannot carry your Bible with you twenty-four hours a day and study it continually every hour. You can obey this seemingly difficult-to-obey instruction from God if you faithfully obey His instructions to meditate day and night on His Word (see Joshua 1:8 and Psalm 1:2-3).

You fill your mind with the holy Scriptures when you study God's Word. You fill your heart with the Word of God when you meditate day and night on God's Word. This passage of Scripture instructs you to keep God's Word "in the center of your heart." Fill your heart with the Word of God by obeying your Father's instructions to meditate day and night on the holy Scriptures.

There is a definite relationship between obeying God's instructions in Proverbs 4:20-21 and your physical health. God promises "healing and health" if you faithfully obey these instructions. You must understand the vital importance of paying close attention to God's Word, meditating day and night on God's Word and faithfully obeying God's instructions.

Proverbs 4:23 instructs you to "guard your heart with all vigilance and above all that you guard." Nothing is more important than the spiritual condition of your heart. Your heart is the key to every aspect of your life (see I Samuel 16:7 and Psalm 37:31).

Your deep and persistent heartfelt beliefs ultimately will determine what takes place in your life. You must not allow concern about the future to get into your mind and then down into your heart. The word "worry" comes from the Greek word "merimnao" which means to divide the mind. Christians who worry are double-minded. They waver between faith in God and worry about their problems and the future.

We studied James 1:8 in Chapter 19. This verse speaks of a Christian who is "a man of two minds." Your Father does not want you to be double-minded. He does not want you to go back and forth between trusting Him and worrying about the future. He wants you to be single-minded, focusing on Him at all times. You will accomplish this goal if you meditate day and night on His Word.

Your Father loves you unconditionally. He wants to bless you abundantly. Unfortunately, some of God's children block Him from blessing them because they allow fearful and worried thoughts to get into their minds and down into their hearts.

Worry is a waste of time. If you worry about anything, you are spinning the wheels of your mind in the spiritual realm. Jesus explained this principle in His Sermon on the Mount

when He said, "...who of you by worrying and being anxious can add one unit of measure (cubit) to his stature or to the span of his life?" (Matthew 6:27 AMP)

You must not waste precious time and energy by allowing worried and anxious thoughts to enter into your mind and your heart. Jesus explained that worry accomplishes nothing. Worry cannot add one inch to your height or one day to your life. The Word of God repeatedly tells you that God does not want you to worry.

Jesus Christ won a glorious victory at Calvary that has set all Christians free from worry and anxiety. Your Father wants you to be set free from the problems that will come into your life if you allow fear and anxiety to control you. "My desire is to have you free from all anxiety and distressing care..." (I Corinthians 7:32 AMP)

These words that the apostle Paul spoke to the Corinthians apply to you today. Your Father wants you to be free from all worry, anxiety and distress. He does not want you to make the mistake that many unbelievers are making in these troubled times. Jesus said, "...stop being perpetually uneasy (anxious and worried) about your life, what you shall eat or what you shall drink; or about your body, what you shall put on. Is not life greater [in quality] than food, and the body [far above and more excellent] than clothing?" (Matthew 6:25 AMP)

Jesus gives specific advice to people who are "perpetually uneasy" because they are chronic worriers. If you have a tendency to worry, Jesus has one word of instruction for you – STOP! Jesus speaks here of some of the basic necessities of life – food, drink and clothing. God does not want you to worry about anything. He wants you to trust Him completely to meet your every need (see Psalm 34:9-10, Romans 8:32, Philippians 4:19 and II Peter 1:3).

You have been given the ability to choose what you think about, what you believe, what you say and what you do (see I Corinthians 6:12 and 8:9). You should constantly make the positive choice to live one day at a time, trusting God to bring you safely through each day.

Chapter 29

Fear Comes from an Unbelieving Heart

This book is filled with hundreds of promises from God that will help you whenever you are tempted to be afraid. You must have absolute faith that your loving Father will do exactly what His Word says He will do. Refuse to allow doubt and unbelief to obtain a foothold in your

mind and your heart. You will block God's mighty power from working on your behalf if worry, fear, doubt and unbelief dominate your thinking.

Unbelief is so powerful that it blocked Jesus from performing healing miracles in His home town of Nazareth. "Jesus left there and went to his hometown, accompanied by his disciples. When the Sabbath came, he began to teach in the synagogue, and many who heard him were amazed. 'Where did this man get these things?' they asked. 'What's this wisdom that has been given him, that he even does miracles! Isn't this the carpenter? Isn't this Mary's son and the brother of James, Joseph, Judas and Simon? Aren't his sisters here with us?' And they took offense at him. Jesus said to them, 'Only in his hometown, among his relatives and in his own house is a prophet without honor.' He could not do any miracles there, except lay his hands on a few sick people and heal them. And he was amazed at their lack of faith." (Mark 6:1-6 NIV)

Jesus had been performing supernatural healing miracles in many different places. He must have had a strong desire to heal people in Nazareth who had been His friends and neighbors for many years.

However, these people knew Jesus so well that they did not look at Him as the Messiah. Instead, they saw Him only as the carpenter who had lived with them for many years. They did not have faith that Jesus would be able to perform great healing miracles for people in Nazareth who were very sick.

The word "amazed" in the last sentence of this passage of Scripture describes the reaction that Jesus had in regard to the unbelief of the people of Nazareth. This word also will describe how Jesus will react if your unbelief blocks Him from doing mighty works in your life. Jesus wants you to have absolute faith in Him and in the promises in His Word.

The words "could not" in this passage of Scripture clearly explain the power of unbelief. This verse does not say that Jesus would not heal these people – it says that He could not perform any healing miracles. Unbelief is able to block the mighty power of God.

The Bible gives another example of the spiritual power of unbelief in regard to a journey that the Israelites took in the wilderness. The Israelites had seen the waters of the Red Sea part miraculously. They had seen many other miracles performed by God. Nevertheless, they took forty years to make a trip that should have taken only eleven days. "It is [only] eleven days' journey from Horeb by the way of Mount Seir to Kadesh-barnea [on Canaan's border; yet Israel took forty years to get beyond it]." (Deuteronomy 1:2 AMP)

Why did the Israelites take so long to get through the wilderness? Why did they travel in a circle for forty years? Unbelief prolonged their journey. They did not believe that God would bring them safely through the wilderness. You must not make this mistake. "...take care, lest there be in any one of you a wicked, unbelieving heart [which refuses to cleave to, trust in, and rely on Him], leading you to turn away and desert or stand aloof from the living God." (Hebrews 3:12 AMP)

The word "cleave" means to "cling tightly to." Cling tightly to God. Immerse yourself in His Word. Trust God completely. Do not allow unbelief to get into your heart to cause you to turn you away from God.

This verse urges you to not make the same mistake the Israelites made in the wilderness. God has warned you to be careful that you do not have a "wicked and unbelieving heart."

The word "wicked" refers to Satan. You must not allow Satan's demons to influence you in any way to doubt God. Do not allow worry, fear and unbelief to block God in your life.

Your Father wants you to have absolute faith that He will bring you safely through adversity just as He has repeatedly promised. However, you must obey His instructions and have unwavering faith in Him that is solidly anchored upon specific promises in His Word.

Moses chastised the Israelites because they did not trust God. He said, "Yet in spite of this word you did not believe (trust, rely on, and remain steadfast to) the Lord your God" (Deuteronomy 1:32 AMP)

The disciples who had watched Jesus perform many miracles also allowed unbelief to get into their hearts. "Even though He had done so many miracles before them (right before their eyes), yet they still did not trust in Him and failed to believe in Him." (John 12:37 AMP)

You must not allow your faith in God to waver. Faith in God never remains constant. If your faith in God is not increasing, it is decreasing. Your faith in God will increase steadily if you obey your Father's instructions to meditate day and night on His Word.

You must not be like the apostle Thomas who had to see before he believed. Thomas refused to believe that Jesus had been resurrected from death because he had not seen the resurrected Christ.

Jesus appeared to Thomas. "Then he said to Thomas, 'Put your finger here; see my hands. Reach out your hand and put it into my side. Stop doubting and believe.' Thomas said to

him, 'My Lord and my God!' Then Jesus told him, 'Because you have seen me, you have believed; blessed are those who have not seen and yet have believed.'" (John 20:27-29 NIV)

Thomas relied completely on his senses. He only believed when he was able to touch Jesus and see that He actually had risen from the dead. Do not let the words that Jesus spoke to Thomas apply to you. The words "stop doubting and believe" will apply to you if you allow Satan's demons to influence you with fear.

Jesus wants every aspect of your life to be solidly anchored upon your deep, strong and unwavering faith in Him. "...we walk by faith [we regulate our lives and conduct ourselves by our conviction or belief respecting man's relationship to God and divine things, with trust and holy fervor; thus we walk] not by sight or appearance." (II Corinthians 5:7 AMP)

The words "not by sight or appearance" apply to you if you allow the circumstances that you face, no matter how difficult they may seem, to cause you to be afraid. Refuse to dwell on whatever problems you face. Focus continually on God and His Word (see II Chronicles 20:12, Psalm 16:8-9, Proverbs 4:25-27 and Isaiah 26:3). Meditate day and night on God's promises.

In Chapter 8 we studied I Thessalonians 2:13 in the Amplified Bible. You saw that this verse says that the Word of God is effectually at work in Christians who believe, exercising its superhuman power in those who adhere to and trust in and rely on it.

God's supernatural promises are much more powerful than any problem you will ever face, no matter how severe this problem may seem. Trust God completely to do exactly what He has promised to do.

If you have renewed your mind each day in God's Word and meditated day and night on the holy Scriptures, you will know what the Bible says that God will do. "...without faith it is impossible to please him: for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him." (Hebrews 11:6 KJV)

The word "impossible" in this verse is very important. You can try to please God with many things that you do, but your actions will be ineffective if you do not trust Him completely.

Are you a parent? Think how you would feel if your children did not trust you. Your Father feels the same. He has instructed you to consistently study and meditate on His Word to learn His promises. He wants you to have absolute faith that He will fulfill His plan, His purpose and His promises. "...whoever leans on, trusts in, and is confident in the Lord – happy, blessed, and fortunate is he." (Proverbs 16:20 AMP)

The word “whoever” applies to you. If you lean on God, trust God completely and have absolute faith and confidence in Him, you will be blessed abundantly. God said, “...the just shall live by faith: but if any man draw back, my soul shall have no pleasure in him.” (Hebrews 10:38 KJV)

The word “just” refers to you if Jesus Christ is your Savior. You are just because you have been justified before God because Jesus has paid the full price for all of your sins. God looks at you just as if you had never sinned.

Your Father instructs you to “live by faith.” He does not want your words and actions when you face adversity to indicate that you do not trust Him. If you really trust God, you will live by faith. Your faith in God will be deep, strong, absolute and unwavering.

Your Father does not want you to allow fear, doubt or unbelief to cause you to “draw back.” If you do draw back, you clearly indicate that you do not trust God. Your Father will be very disappointed if you do not trust Him. You must keep moving forward, trusting completely in God.

Conclusion

Your Father has given you hundreds of instructions and promises that tell you exactly what to do if you are tempted to be afraid. Will you do your part? Will you renew your mind by studying these verses of Scripture each day as your Father has instructed you to do (see II Corinthians 4:16 and Ephesians 4:23)? Will you meditate day and night on God’s promises as your Father has instructed you to do (see Joshua 1:8 and Psalm 1:1-3)?

You decide whether you will allow fear to get into your mind and your heart. You can use this book throughout your life whenever you face fearful circumstances. You can steadily increase your faith in God by using the scriptural principles in this book.

If this book has helped you to overcome fear in your life, please share it with other people in your sphere of influence. We have given you Scripture references that explain why we believe that very difficult times are coming upon the world. Many people who have never experienced overwhelming fear before will be devastated by fear in the not-too-distant future.

If you know of anyone who is experiencing fear, please give this person a copy of this book. You can make a significant difference in the lives of other people by sharing this book

with them. Please pray about how you can minister to others by partnering with us to spread the gospel to address fear by providing this book to people who need it.

The prices of our books are as low as we can make them. We also offer liberal quantity discounts for as little as 50% of the price of a single copy. The order form in the back of this book explains our quantity discounts. Our desire is to help as many people as possible with the Word of God in our publications.

We pray that the truth from God's Word in this book will help you to overcome fear in your life and that it will help other people through you. If this book has helped you, would you share your testimony with others? We normally need three or four paragraphs in a testimony to consolidate them into a one-paragraph comment for our newsletter and our website.

Please send any comments that you have to lamplight@lamplight.net, mail it to Jack and Judy Hartman, PO Box 1307, Dunedin FL 34697 or call 1-800-540-1597 and leave your message for Judy.

We have been blessed to share with you everything that we have found in the Bible about how to overcome fear. We would be so pleased to hear from you.

Blessed to be a blessing, Genesis 12:1-3

Appendix

This book is filled with instructions and promises from God. However, if you have not received Jesus Christ as your Savior, you cannot understand the scriptural facts that are contained in this book. "...the mind of the flesh [with its carnal thoughts and purposes] is hostile to God, for it does not submit itself to God's Law; indeed it cannot." (Romans 8:7 AMP)

Please highlight or underline the word "cannot" in this verse of Scripture. If Jesus Christ is not your Savior, you cannot understand and obey God's instructions.

People who have not received Jesus Christ as their Savior are not open to the specific instructions God has given us in the Bible. "...the natural, nonspiritual man does not accept or welcome or admit into his heart the gifts and teachings and revelations of the Spirit of God, for they are folly (meaningless nonsense) to him; and he is incapable of knowing them [of progressively recognizing, understanding, and becoming better acquainted with them] because they are spiritually discerned and estimated and appreciated." (I Corinthians 2:14 AMP)

The words “does not accept or welcome or admit into his heart the gifts and teachings and revelations of the Spirit of God” in this verse of Scripture are very important. Some people are strongly opposed to the Bible and what it teaches. They look at truth from the Bible as “meaningless nonsense.” These people are incapable of learning great spiritual truths from God until and unless they receive Jesus Christ as their Savior.

At the close of this Appendix we will explain exactly what you should do to receive Jesus Christ as your Savior. If and when you make this decision, the glorious supernatural truths of the Bible will open up to you. Jesus said, “...To you it has been given to know the secrets and mysteries of the kingdom of heaven, but to them it has not been given.” (Matthew 13:11 AMP)

Jesus was speaking to you when He said that you can “know the secrets and mysteries of the kingdom of heaven.” You must not miss out on the glorious privilege to know and understand the ways of God that is available to every believer.

A spiritual veil blocks all unbelievers from understanding the things of God. “...even if our Gospel (the glad tidings) also be hidden (obscured and covered up with a veil that hinders the knowledge of God), it is hidden [only] to those who are perishing and obscured [only] to those who are spiritually dying and veiled [only] to those who are lost.” (II Corinthians 4:3 AMP)

When and if you receive Jesus Christ as your Savior, this spiritual veil will be pulled aside. “...whenever a person turns [in repentance] to the Lord, the veil is stripped off and taken away.” (II Corinthians 3:16 AMP)

If you obey the scriptural instructions at the end of this Appendix, Jesus Christ will become your Savior. Everything in your life will become fresh and new. “...if any person is [ingrafted] in Christ (the Messiah) he is a new creation (a new creature altogether); the old [previous moral and spiritual condition] has passed away. Behold, the fresh and new has come!” (II Corinthians 5:17 AMP)

Instead of being opposed to the teachings of the holy Bible, you will be completely open to these teachings. You will have a hunger and thirst to continually learn more truth from the supernatural living Word of God. “...I endorse and delight in the Law of God in my inmost self [with my new nature].” (Romans 7:22 AMP)

Every person who has not received Jesus Christ as his or her Savior is a sinner who is doomed to live throughout eternity in the horror of hell. God has made it possible for you to escape this terrible eternal penalty. “...God so loved the world, that he gave his only begotten

Son, that whosoever believeth in him should not perish, but have everlasting life.” (John 3:16 KJV)

God knew that everyone who lived on earth after Adam and Eve would be a sinner because of the sins of Adam and Eve (see Romans 3:10-12). He sent His only Son to take upon Himself the sins of the world as He died a horrible death by crucifixion. If you believe that Jesus Christ paid the full price for your sins and if you trust Him completely for your eternal salvation, you will live eternally in the glory of heaven.

There is only one way for you to live eternally in heaven after you die – that is to receive eternal salvation through Jesus Christ. “Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me.” (John 14:6 KJV)

If you trust in anyone or anything except Jesus Christ for your eternal salvation, you will not live eternally in heaven. If you are reading these facts about living eternally in heaven because of the price that Jesus Christ has paid for you, you must understand that the same God Who created you actually is drawing you to come to Jesus Christ for eternal salvation. Jesus said, “No one is able to come to Me unless the Father Who sent Me attracts and draws him and gives him the desire to come to Me...” (John 6:44 AMP)

Are you interested in these facts about where you will live throughout eternity? If you are, you can be certain that the same awesome God Who created you is drawing you to Jesus Christ at this very minute.

Heaven is a glorious place. Everyone in heaven is completely healthy and totally happy. “...God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away. (Revelation 21:4 KJV)

All of the problems of earth will disappear when you go to heaven. No one in heaven dies. No one in heaven is sad. No one in heaven cries. No one in heaven suffers from pain.

When you die you will live eternally in one place or another. If you do not receive Jesus Christ as your Savior, you will live eternally in hell. People in hell will experience continual torment throughout eternity. “...the smoke of their torment ascendeth up for ever and ever: and they have no rest day nor night...” (Revelation 14:11 KJV)

Everyone in heaven is filled with joy. Everyone in hell is miserable. Jesus described what hell would be like when He said, "...there will be weeping and wailing and grinding of teeth. (Matthew 13:42 AMP)

Throughout eternity the inhabitants of hell will weep and wail. They will grind their teeth in anguish. Can you imagine living this way for the endless trillions of years of eternity? This is exactly what will happen to you if Jesus Christ is not your Savior.

How do you receive eternal salvation through Jesus Christ? "...if you acknowledge and confess with your lips that Jesus is Lord and in your heart believe (adhere to, trust in, and rely on the truth) that God raised Him from the dead, you will be saved. For with the heart a person believes (adheres to, trusts in, and relies on Christ) and so is justified (declared righteous, acceptable to God), and with the mouth he confesses (declares openly and speaks out freely his faith) and confirms [his] salvation." (Romans 10:9-10 AMP)

You must believe in your heart (not just think in your mind) that Jesus paid the full price for all of your sins when He was crucified. You must believe that God raised Jesus from the dead. You must open your mouth and speak this truth that you believe in your heart. If you believe in your heart that Jesus Christ died and rose again from the dead and that the price for your sins has been paid for and you tell others that you believe this great spiritual truth, you have been saved. You will live eternally in heaven.

If Jesus Christ was not your Savior when you began to read this book, we pray that He is your Savior now. Your life will change immensely. You will never be the same again. Every aspect of your life will be gloriously new.

Please let us know if you have become a child of God by receiving eternal salvation through Jesus Christ. We would like to pray for you and welcome you as our new brother or sister in Christ Jesus. We love you and bless you in the name of our Lord Jesus Christ. We would be so pleased to hear from you.

Study Guide

What Did You Learn From This Book?

The questions in this Study Guide are carefully arranged to show you how much you have learned about receiving the freedom from fear that God has provided for you. This Study

Guide is not an academic test. The sole purpose of the following questions is to help you increase your practical knowledge pertaining to being set free from fear.

1. What did the psalmist say about the amount of fear that God delivered him from? Why does this same promise apply to your life today? (Psalm 34:4 and Acts 10:34)
2. Most Christians believe that our generation lives in the last days before the return of Jesus Christ. What does the Bible say will take place during the final days before Jesus returns? (II Timothy 3:1)
3. What did Jesus say about the severity of the fear that will sweep through the world during the final days before He returns? (Luke 21:26)
4. When difficult times come upon the world during the last days before Jesus returns, what specific instructions did God give to you? What promise did He give to you? (Deuteronomy 4:30-31)
5. What does the Bible say about the spiritual condition that you should be in when Jesus returns? (II Peter 3:14)
6. Why do many unbelievers have little or no interest in learning what the Bible teaches about overcoming fear or anything else? (I Corinthians 2:14)
7. What does the Bible say about the source of the spirit of fear? What has God given you to overcome the spirit of fear? (II Timothy 1:7)
8. What instructions did God give to Adam in regard to not eating fruit from a specific tree? What did God say would happen to Adam if he disobeyed these instructions? (Genesis 2:16-17)
9. How did Satan attempt to influence Eve's thinking in regard to God's instructions pertaining to eating the forbidden fruit? (Genesis 3:1-5)
10. How can you be certain that Satan's demons are lying to you when they try to influence you in any way? (John 8:44)
11. Was Satan successful in deceiving Eve? What did Eve do in regard to giving this forbidden fruit to Adam? (Genesis 3:6)
12. What did the apostle Paul say to the Corinthians about his concern that Satan would be able to deceive them? (II Corinthians 11:3)

13. Why did Judas Iscariot turn away from being an obedient disciple of Jesus Christ to betraying Him? How does Satan's deception of Eve and of Judas apply to your life today? (John 13:2)
14. What did God say would be the cause of many of His people being destroyed? (Hosea 4:6 and Galatians 3:26)
15. What did Jesus say is Satan's specific goal in regard to you? What two things do Satan's demons hope to do to accomplish this goal in your life? (John 10:10)
16. Satan once was an archangel named Lucifer. Why was Lucifer cast out of heaven? (Isaiah 14:12-15)
17. Why were many angels cast out of heaven along with Lucifer? (Revelation 12:9)
18. Why are we seeing increasing influence from Satan and his demons throughout the world in these last days before Jesus Christ returns? (I John 5:19)
19. Where will Satan and his demons spend eternity? What influence does this spiritual truth have on their desire to influence your life? (Matthew 25:41)
20. What does the Bible say is the specific purpose for the Son of God being sent to earth? How can you be certain that Jesus accomplished this goal? (I John 3:8 and Colossians 2:10)
21. How does the victory that Jesus Christ won over Satan apply to your life? (II Thessalonians 3:3 and Luke 10:18-19)
22. Can you be certain that Jesus Christ has set you free from fear if He is your Savior? (Isaiah 54:14)
23. If Jesus is your Savior, what has the Bible instructed you to do in regard to Satan's attempts to influence you? (Ephesians 4:27)
24. The Bible instructs you to resist the devil. What specifically are you instructed you to do to resist the devil? What will happen if you obey this instruction? (James 4:7)
25. What does the Bible say is the source of many of the problems that you experience with other people? (Ephesians 6:12)
26. What does the Bible say about not attempting to fight spiritual warfare using human weapons? What will happen if you know what spiritual weapons God has given to you and you use them effectively? (II Corinthians 10:3-4)

27. Satan and his demons are constantly looking for ways to deceive people, particularly Christians. What specifically are you instructed to do to offset these attacks from Satan? (I Peter 5:8-9) 41

28. What does the Bible instruct you to do to resist fear that comes from bad news in the world and the influence of Satan's demons? What does the Bible say that the condition of your heart should be so that you will not be overcome by Satan's attempts and by bad news in the world? (Psalm 112:7-8)

29. What specifically does the Bible instruct you to do to walk in the victory that Jesus Christ won over Satan? (I John 2:14)

30. Spiritual battles are not fought with guns and other weapons. What part of your body do you use to fight spiritual battles? (Revelation 12:11 and Psalm 17:4)

31. How should you use the mighty name of Jesus Christ in your dealings with Satan's demons and in everything else you do? (Colossians 3:17)

32. In addition to making Satan's demons listen to you boldly speaking the Word of God, what else should you make them listen to? (Psalm 35:28)

33. Fear is prevalent in the lives of many older people. Fear can cause people to become discouraged, weary and exhausted. What does the Bible instruct you to do to offset this exhaustion and weariness? (II Corinthians 4:16)

34. When God looks at you what does He look at? What does the Bible mean when it speaks of "the hidden person of the heart?" (I Peter 3:4 and I Samuel 16:7)

35. The Bible instructs you to strip yourself of the way that you used to be before you were saved. How do you do this? How often should you do this? (Ephesians 4:22-24)

36. Christians should not become conformed to the superficial ways of the world. What does the Bible instruct you to do so that your life will be transformed? (Romans 12:2)

37. What does the Bible say that gray hair represents in the lives of older people who obey God's instructions? (Proverbs 20:29 and Proverbs 16:31)

38. The Bible tells you that you can live a long, fruitful and useful life. What must be done to accomplish this important goal? (Psalm 92:12-14)

39. The Bible tells you how long God will carry you in your life. How long does God promise to carry you? (Isaiah 46:3-4) 48-49

40. What does the Bible say about the fear of danger that many older people have? (Ecclesiastes 12:5)
41. What does the Bible say about the relationship between a calm mind and heart and your physical health? (Proverbs 14:30)
42. What does the Bible teach is required to receive “good medicine” from God? What is required for physical healing? (Proverbs 17:22 and Psalm 107:20)
43. Instead of relying on the limitations of human logic and understanding, what does the Bible instruct you to do? What will God do if you obey these instructions? (Proverbs 3:5-6)
44. What should you do to be encouraged by God instead of allowing yourself to become discouraged by the problems you face? Why should you rejoice in the face of adversity? (II Corinthians 7:4 and Psalm 97:1)
45. What does the Bible instruct you to do to live a long, full and meaningful life throughout old age until death? (Proverbs 3:1-2 and Job 5:26)
46. What specifically does the Bible say to explain the supernatural power of the Word of God? (Hebrews 4:12)
47. What two things has God exalted above everything else? Which of these two things does God put in first place? (Psalm 138:2)
48. What does God say your attitude should be toward Him and His Word? (Isaiah 66:2 and Psalm 119:161)
49. Instead of allowing your heart to be filled with fear, worry and anxiety, what will cause your heart to sing with joy regardless of the circumstances you face? (Psalm 119:111)
50. How important is the death of a Christian to God? (Psalm 116:15)
51. What is God’s perspective in regard to death? How is this perspective different than the perspective of many people in the world? (Philippians 1:21)
52. The Bible refers to death as a valley and a shadow. What do these words mean? Why should you not be afraid of death? (Psalm 23:4)
53. What did Isaiah prophesy that Jesus Christ would do in regard to the power of death? What does the New Testament say about the fulfillment of this prophecy? How does this victory that Jesus Christ won over death apply to your death if Jesus Christ is your Savior? (Isaiah 25:8 and I Corinthians 15:54-55)

54. The Bible says that Jesus Christ annulled death. What does the word “annulled” mean? (II Timothy 1:10)
55. Satan’s demons have held many people in bondage through the fear of death. What exactly did Jesus Christ do to set these people free from this bondage? (Hebrews 2:14-15)
56. What does the Bible mean when it refers to Hades? Jesus said that He holds the keys of death and Hades. What did He do to win this victory? (Revelation 1:17-18)
57. People who have not received Jesus Christ as their Savior have good reason to be afraid of death. Where will they spend eternity? What will their lives be like throughout eternity? (Revelation 20:15 and Revelation 14:11)
58. If Jesus Christ is your Savior, where is your true home? (Philippians 3:20)
59. What does the Bible say about the ability to describe the glory of heaven with the limitations of human understanding? (I Corinthians 2:9)
60. What does the Bible say will happen to death, sorrow, grief and pain after a Christian dies? (Revelation 21:4 and 22:3)
61. The Bible teaches that you can draw your strength from the Lord? What determines whether you will be able to draw upon His supernatural strength? (Ephesians 6:10)
62. What does The Amplified Bible say about the power of the strength that God will give to His children? (Psalm 29:11)
63. Why was Caleb still strong at the age of eighty-five? (Joshua 14:10-11)
64. How should you react to adversity so that the strength of Jesus Christ will be made perfect in your human weakness? (II Corinthians 12:9-10)
65. The Bible promises that Christians can receive strength for all things through Jesus Christ. How can you receive manifestation of His supernatural strength in your life? (Philippians 4:13)
66. God never grows weary. What does He promise to do to help you when you are tired and weary? How is the strength that God promises to give you described? (Isaiah 40:28-31)
67. Why did Isaiah say that he was not afraid? How does this statement apply to your life today? (Isaiah 12:2)
68. What did the psalmist pray in regard to receiving strength from God during his old age? What does God promise to do in your life right up until the time you die? (Psalm 71:9 and Psalm 48:14)

69. When little children are in trouble they feel secure when they are holding onto the hand of one of their parents. What did your Father promise to do in regard to holding your hand so that you will not be afraid? (Isaiah 41:13)

70. What does the Bible mean when it says “none of his steps shall slide?” What determines whether this promise will apply to you? (Psalm 37:31)

71. The Word of God is spiritual food. What happened to the prophet Jeremiah when he ate this spiritual food? (Jeremiah 15:16)

72. Even though approximately forty human beings wrote the entire Bible, how can you be certain that these words were inspired by God and were written through these people, not by them? (II Timothy 3:16)

73. Why were the words that were written long ago in the Bible given to help you today? (Romans 15:4)

74. The Word of God contains supernatural power from God. What are you required to do to receive manifestation of this supernatural power in your life? (I Thessalonians 2:13)

75. Why should you love the Word of God? What will God do in your life if you truly love His Word? (Psalm 119:159 and 119:165)

76. What three specific instructions does the Bible give you to obey so that you will experience prosperity, wisdom and success from God? (Joshua 1:8)

77. God does not want you to turn to ungodly people in the world for advice. What are you instructed to do instead? Why is meditation on the Word of God compared to a tree that is planted next to a river? (Psalm 1:1-3)

78. Why should you meditate consistently on the great miracles that God has performed in the lives of many people? (Psalm 77:11-12 and 145:5)

79. What did the psalmist mean when he said that he delighted in the Word of God? How does this principle apply to your life today? (Psalm 119:15-16)

80. What did the psalmist do when he was persecuted by government leaders? How does his reaction apply to your life today? (Psalm 119:23)

81. How early in the morning did the psalmist begin meditating on God’s Word? (Psalm 119:148)

82. Why did the psalmist say that he meditated throughout the day on God’s Word? (Psalm 119:97)

83. What does the Bible say that the psalmist did in regard to meditating on God at night? (Psalm 63:6)

84. God has promised to give you power to keep yourself calm when you face adversity. What are you instructed to do to receive this blessing from God? (Psalm 94:11-13)

85. What did the psalmist pray when he had such a heavy burden that he wept? How does this principle apply when you face adversity? (Psalm 119:28)

86. Why can consistent Scripture meditation be compared to depositing money in a bank? (Proverbs 7:1)

87. Many people hear their pastor or other people preach and teach from the Word of God. What does the Bible instruct you to do in addition to hearing others preach the Word of God so that you will be blessed for your obedience? (James 1:25)

88. What did the psalmist David say that he did when he was afraid? How does this principle apply to your life today? (Psalm 56:3-4)

89. God gives eyes and ears to each person He creates. What is the most important use that you can make of your God-given gift of your eyes and your ears? (Proverbs 20:12)

90. What does the Bible mean when you are instructed to nourish yourself continually? Are you consistently obeying this instruction in your life? (I Timothy 4:6)

91. The Word of God is a spiritual seed. Your heart is spiritual soil. How much of a harvest did Jesus promise to you if you consistently sow the seeds of God's Word into the spiritual soil of your heart? (Mark 4:20)

92. Can you be absolutely certain that you can count on God to fulfill every promise that He has made in the Bible? (I Corinthians 1:9)

93. The Bible instructs you to not allow the Word of God to depart from your eyes. How can you consistently obey this instruction? (Proverbs 3:21)

94. What did Jesus Christ instruct you to do so that worldly worry and anxiety will not get into your heart? (Luke 21:34)

95. What will happen to your spirit if you consistently allow sorrow to pervade your heart? (Proverbs 15:13)

96. Will the circumstances in your life affect you if you have a glad heart that sings with joy? (Proverbs 15:15)

97. What does the Bible say about the condition of your heart being the key to your life? (Proverbs 23:7)
98. What words that Jesus spoke to two blind men before He healed them apply to your life today? (Matthew 9:29)
99. If you consistently speak God's Word with strong faith in God, how will your words cause you to be compared with a strong fire and a powerful hammer? (Jeremiah 23:28-29)
100. What did Jesus instruct you to do to the mountains in your life? What result will you receive if you obey this instruction? (Mark 11:22-23)
101. What does the Bible teach that your mouth should always speak? What should you not speak? (Proverbs 8:7)
102. What does the word "ensnared" mean? What do people do that cause them to be ensnared? (Proverbs 6:2)
103. What does the Bible promise will happen to you if you carefully guard the words that come out of your mouth? What does the Bible say will happen if you consistently open your mouth to speak words that do not line up with God's Word? (Proverbs 13:3 and Proverbs 21:23)
104. Can you control the words that repeatedly come out of your mouth through sheer willpower? (James 3:8)
105. What determines the good words and the fearful words that people speak? (Matthew 12:34-35)
106. What do many religious people do to make their religious beliefs worthless? (James 1:26)
107. What does the Bible refer to when it speaks of a large horse being controlled by a small bit and a large ship being steered by a small rudder? How does this principle apply in your life? (James 3:3-5)
108. The atmosphere around you is filled with God's angels. What are you instructed to do to put God's mighty angels into action? (Psalm 103:20)
109. Can you be certain that any problem you face, no matter how impossible it may seem, can be solved by God? (Jeremiah 32:17 and Psalm 147:4-5)
110. All power and might come from God. Can you be certain that God will give you supernatural strength when you need His strength? (I Chronicles 29:11-12)

111. Why should you meditate on Scripture that explains that God is in charge of every ruler of every nation on earth? (Daniel 2:20-21 and Revelation 19:6)
112. Is anything impossible for God? (Luke 1:37)
113. The Bible says that God's power is "immeasurable and unlimited." What Christians will receive manifestation of this supernatural power in their lives? (Ephesians 1:19-20)
114. Is God concerned about the storms in your life that seem so powerful to you? (Nahum 1:3)
115. What did Jesus Christ say was required of you for all things to be possible in your life? (Mark 9:23)
116. Can you even begin to comprehend the greatness of God? (Psalm 145:3)
117. Job did not give up in spite of facing many severe obstacles. What did Job say about why he was able to persevere? (Job 42:1-2)
118. The Bible says that God lives in every one of His children. His supernatural power is available to each of His children by faith. Does God place any limits as to what He can and will do in you and through you? (Ephesians 3:19-20)
119. What did Jesus Christ say about the indwelling presence of His Father? How does this statement apply to your life today? (John 8:29 and 14:10)
120. There are many reasons for unbelievers to be afraid of things that are taking place in the world today. Why do unbelievers have no hope? (Ephesians 2:12)
121. When Joshua succeeded Moses as leader of Israel why did Moses tell Joshua that he should not be afraid? (Deuteronomy 31:6 and 8)
122. What emphatic word did God use when He told Joshua not to be afraid? Why did He tell Joshua that he should not be afraid? (Joshua 1:9)
123. Why should you never be afraid of anything? What specific promises of help does God give to you? (Isaiah 41:10)
124. Why did the psalmist say that he had no fear of what any human being could do to him? (Psalm 118:6)
125. Is God always with every one of His children? Will He ever leave? Can you be certain that God will watch over you and that He will help you? (Hebrews 13:5-6 and Genesis 28:15)

126. What one word did God use three times in one verse of Scripture to give you encouragement when you face adversity? (Isaiah 43:2)

127. Are you in trouble? What specific promises does God give to His children who are in trouble? (Psalm 46:1 and 91:15)

128. Most Christians believe that we live in the last days before the return of Jesus Christ. What specific promise did Jesus give to all believers in regard to the final days before His return? (Matthew 28:20)

129. Why does your loving Father tell you that you will dwell in safety by Him? (Deuteronomy 33:12)

130. Is God Who is on His throne in heaven also diffused throughout the entire world and living in the heart of every one of His children? (Ephesians 4:6)

131. Can you be certain that you have power within yourself that is much greater than any power on earth? (Zephaniah 3:17)

132. Where does Jesus Christ make His permanent home on earth? (Ephesians 3:17)

133. What did the apostle Paul mean when he said, "It is no longer I who live.?" How does this spiritual truth apply to how you should live your life? (Galatians 2:20)

134. Do you have a greater awareness of the indwelling presence of Jesus Christ than you did one year ago? Two years ago? Three years ago? (II Corinthians 13:5)

135. What does the Bible mean when you are told that you should abide in Christ and that He should abide in you? (I John 3:24)

136. How did Jesus react to a violent storm when He was in a boat? How does He instruct you to react when you face seemingly severe storms in your life? (Matthew 8:24-27)

137. What specifically are all believers instructed to do to walk in victory over problems in the world? (I John 5:4-5 and II Corinthians 2:14)

138. Can you be certain that the Holy Spirit lives in the heart of every Christian and that He lives in your heart? (I Corinthians 3:16)

139. Can you be certain that you are a child of God and that God Himself really is your loving Father? (Romans 8:9)

140. Can you be certain that your body is the home of the Holy Spirit? Why did you receive the Holy Spirit? (I Corinthians 6:19)

141. What specifically did God say in regard to fear and the Holy Spirit living within you? (Haggai 2:5)
142. Is anything that you will ever face in the world more powerful than the Holy Spirit Who lives in your heart? (I John 4:4)
143. What does “the Godhead” mean? How do these very important words apply to you throughout every day of your life? (Colossians 2:10)
144. Once you have made your plans, will the Lord step in and guide you over and above what you plan to do? (Proverbs 16:9)
145. Can you be certain that God knows exactly what to do when you face problems that you cannot solve? (II Peter 2:9)
146. What did Jesus say about the necessity of trusting God to help you and guide you with every little detail? (Luke 16:10)
147. What one word does the Bible use to describe anything that you do in your life that is not solidly anchored upon your faith in God? (Romans 14:23)
148. If you have sinned against God by allowing fear to get into your life or in any other way, what does God’s Word instruct you to do? (I John 1:9)
149. How does The Amplified Bible describe faith? Does this excellent description describe your faith in God at this time? (Hebrews 10:22)
150. You receive Jesus Christ as your Savior through faith. How are you instructed to conduct your life after that time? How do you develop deeply rooted faith in Jesus? (Colossians 2:6-7)
151. What two places in your body should be continually filled with the Word of God? (Romans 10:8)
152. Where should the Word of God have its home on earth? (Colossians 3:16)
153. Why was David unafraid of Goliath? How does his lack of fear apply to your life today? (I Samuel 17:37)
154. What example did Abraham give as to why you should have absolute faith in God, no matter how impossible the problems you face may seem? (Romans 4:19-21)
155. How does your faith in God increase? (Romans 10:17)

156. Why did the psalmist refuse to be shaken regardless of the seeming severity of the problems he faced? What one word did he use to explain why his faith in God was so strong? (Psalm 62:6)

157. *The Amplified Bible* gives an excellent explanation of how you should trust God. What does this amplification instruct you to do? (Psalm 84:12)

158. What did Jesus instruct you to do when you face a seemingly severe problem? (Mark 5:36)

159. What does the Bible instruct you to do if you are weary and tired and tempted to be afraid? (Hebrews 12:3)

160. God repeatedly tells you what He will do, but He never tells you when He will fulfill His promises. What does God instruct you to do if you are not receiving manifestation of His answer to your prayers as soon as you think you should? (Galatians 6:9)

161. Will any person who has deep, unwavering and persevering faith in God ever be disappointed? (Romans 10:11)

162. Why does God allow you to face severe adversity? How important is your faith to Him? (I Peter 1:6-7)

163. Can you be certain that God stands behind His Word and that He will do exactly what He promises to do? (Hebrews 6:18 and Jeremiah 1:12)

164. What did Jesus mean when He instructed you to live in Him and for His Word to live in your heart? What does Jesus promise will happen if you obey this instruction? (John 15:7)

165. What does the Bible instruct you to do instead of being worried and anxious about the problems you face? Why should you thank God when you pray? (Philippians 4:6-7)

166. What happens when you pray earnest, heartfelt and continued prayers? (James 5:16)

167. How frequently does God instruct you to pray? (I Thessalonians 5:17)

168. What conditions must be met for you to receive whatever you ask of God? (I John 3:22)

169. What two words did Jesus repeat six times in one passage of Scripture to tell you exactly how He wants you to pray? (Luke 11:9-10)

170. Why can you reign as a king in your life here on earth? (Romans 5:17)

171. What does Jesus instruct you to do when you are tempted to be frustrated because you face severe trials and tribulations? (John 16:33)

172. How much authority does Jesus have in heaven and on earth? (Matthew 28:18)

173. Jesus won such a great victory that every problem you face is under His feet. Can you be certain that every problem also is under your feet in the spiritual realm? (Ephesians 1:22 and 2:6)

174. Where did the psalmist turn when he needed help? (Psalm 121:2)

175. Isaiah prophesied that Jesus Christ would set His face like a flint when He faced adversity. What is a flint? How does this instruction apply to you? (Isaiah 50:7)

176. Can you be certain that Jesus knows what you are going through when you face problems? Can you be certain that He will help you? (Hebrews 2:18)

177. God has promised to give you mercy and grace if you draw near to His throne of grace with absolute faith in Him. When does He promise to help you? (Hebrews 4:16)

178. If Jesus Christ is your Savior, can you be certain that God is watching over you at all times? (Job 36:7)

179. What does God promise to every person who leans on Him, trusts Him and puts complete confidence in Him? (Proverbs 29:25)

180. The Book of Proverbs and the Book of Psalms give the same explanation of what is required for God to be a spiritual shield for you. What are you instructed to do to receive this protection? (Proverbs 30:5 and Psalm 18:30)

181. Why did God provide a spiritual shield of protection for the psalmist? What does He require to provide a similar shield of protection for you? (Psalm 119:114 and II Samuel 22:31)

182. What does God instruct you to do if you are certain that He will provide a covering over you and that He will defend you? (Psalm 5:11)

183. If God gave up His only Son for you, can you also be certain that He will give you all other things? (Romans 8:32)

184. The Bible says that God will not withhold any good thing from you if you meet one specific condition. What are you required to do? (Psalm 84:11)

185. What does God promise to do if you come to Him with your needs based upon your faith in Him and in specific promises in His Word? (Psalm 34:10)

186. How many of your needs does God promise to fulfill? (Philippians 4:19)
187. God has given every person freedom of choice, but you must use this freedom of choice wisely. What did Jesus say about choosing to allow trouble to get into your heart? (I Corinthians 6:12 and John 14:1)
188. The Bible tells you on two occasions that you should not allow God's Word to depart from your eyes. What advice did Jesus give you in regard to what you allow to come into your ears? Why is this advice so important in the environment we live in today? (Mark 4:24)
189. What does the Bible say about fear being contagious? What advice are you given in regard to consistently associating with fearful people? (Deuteronomy 20:8 and Isaiah 8:12)
190. Fear is like a magnet in the spiritual realm. What did Job say about the results of his fears? How does this principle apply in your life today? (Job 3:25-26)
191. Why did the Israelites wander through the wilderness for forty years? What lesson can you learn from the mistakes they made? (Numbers 21:4 and Jeremiah 49:23)
192. God's Word tells you what your Father instructs you to focus on. What are you warned not to focus upon? Where does God instruct you to set your mind? (II Corinthians 4:18 and Colossians 3:2)
193. The Bible consistently instructs you to turn away from the temporal things of the world and to focus instead on the supernatural living Word of God. Can you be certain that the Word of God is eternal and that you will benefit throughout eternity from studying and meditating on the holy Scriptures during your life on earth? (II John 1:2 and I Peter 1:25)
194. You decide whether you will allow the problems you face to get into your mind and your heart. What advice did Jesus Christ give you in this area? (John 14:27)
195. You are instructed to imprint the Lord on your mind instead of being afraid of people or circumstances. What does it mean to imprint the Lord on your mind? How do you do this? (Nehemiah 4:14 and Hebrews 12:2)
196. Jesus Christ explained the importance of focusing on Him instead of focusing on the problems you face. How did He explain this principle when He walked on the water? How did the apostle Peter first obey this principle and then disobey it? (Matthew 14:22-32)
197. The Bible instructs you to abide in Jesus Christ at all times. What does the word "abide" mean? What should you do to abide in Jesus continually? (I John 2:27)

198. God has promised to guard you and to keep you in perfect and constant peace. What does God require you to do to receive these blessings? (Isaiah 26:3)

199. Why should you keep God in first place at all times ahead of yourself and everyone and everything else? (Revelation 4:11 and Colossians 1:18)

200. In His Sermon on the Mount Jesus told His disciples what they should do to be certain that every need they had would be met. What did Jesus instruct His disciples to do? (Matthew 6:33)

201. What is the relationship between delighting in God and keeping Him in first place in your life at all times? (Psalm 73:25)

202. What is a double-minded person? Why is a double-minded person a prime candidate to receive fearful thoughts from Satan's demons? (James 1:8)

203. God wants you to have a peaceful mind. How does *The Amplified Bible* define a peaceful mind? (James 3:18)

204. What does the Bible say about remembering the times when God has helped you in the past? (I Chronicles 16:12)

205. What does the Bible instruct you to do to be certain that you are single-minded? What will happen if you do this consistently? (Proverbs 4:25-27 and Acts 2:25-26)

206. What did King Jehosaphat do when he faced a mighty army that was far superior to his army? How does this principle apply in your life today? (II Chronicles 20:12)

207. What did the psalmist David do so that his heart would sing with joy at all times regardless of the circumstances he faced? (Psalm 16:8-9)

208. What did Moses do when he faced a seemingly impossible situation with Pharaoh and his mighty army behind him, impassable high mountains to his right and left and the Red Sea ahead of him? How did God respond? How does this principle apply to your life today? (Hebrews 11:27 and 29)

209. What will your peace be like if you consistently obey God's instructions? (Isaiah 48:18)

210. What advice did Moses receive from his father-in-law when he had a heavy burden? How does this advice apply to you? (Exodus 18:18)

211. Can you be absolutely certain that Jesus Christ already has carried every burden for you? (Isaiah 53:4)

212. What does the Bible say will happen if you commit completely to the Lord, give every problem to Him and trust Him completely? (Psalm 37:5 and 55:22)

213. What does the Bible mean when you are instructed to humble yourself before God and to cast all of your cares on Him? What will God do if you do this? When will He do this? (II Peter 5:6-7)

214. What spiritual characteristic often needs to be added to your faith to receive manifestation of God's promises? (Hebrews 6:12)

215. What does the Bible mean when you are instructed to roll your works upon the Lord? How will God respond if you do this? (Proverbs 16:3)

216. What did Moses say to the Israelites when they faced the Red Sea ahead of them, the Egyptian army behind them and high mountains on both sides? How does this advice apply to you when you are tempted to be afraid because of a seemingly hopeless predicament? (Exodus 14:13)

217. Instead of being afraid, what does God instruct you to do when you face difficult problems? (Psalm 46:10)

218. What two qualities are required for you to receive manifestation of God's strength in your life? (Isaiah 30:15)

219. God wants you to be content when you face seemingly difficult problems. How does The Amplified Bible explain the meaning of the word "contentment?" (I Timothy 6:6)

220. What did the psalmist pray when he was tempted to be confused by the problems he faced? Where does confusion come from? (Psalm 71:1 and I Corinthians 14:43)

221. What did the apostle Paul say that he had learned that helped him regardless of the circumstances he faced? (Philippians 4:11)

222. What advice did Paul give to the Thessalonians when they were tempted to be upset by the problems they faced? (II Thessalonians 2:1-2)

223. How does God look at each of His children who has a gentle and peaceful spirit? (I Peter 3:4)

224. What specific advice does the Bible give that explains exactly how you should react to every hardship you face? (II Timothy 4:5)

225. What does the Bible say will happen to everyone who is impatient and hasty? How does God instruct you to react when you are tempted to be impatient? (Proverbs 21:5 and Psalm 37:7)
226. What promise did Jesus give to every person who has a heavy burden? (Matthew 11:28)
227. What are you instructed to do to enter into the rest that God has provided for you? (Hebrews 4:3 and 4:10)
228. What did the Israelites in the wilderness do that prevented them from entering into the supernatural rest of God? How does their mistake apply to your life today? (Hebrews 3:18-19)
229. The same rest of God that was available to the Israelites is available to you today. What does the Bible instruct you to do to enter this rest? (Hebrews 4:1-2 and 4:11)
230. Can you be certain that God will fight your battles for you? (II Chronicles 20:15 and 32:8)
231. What are you instructed to do so that God will fight for you? (Exodus 14:14)
232. What result is promised when the Lord fights for you? (Deuteronomy 20:4)
233. What does the Bible say is the cause of fear in the life of every person who is afraid? (I John 4:18)
234. What is the relationship between God and love? If you continually dwell in God's love and stay close to Him, what will the result be? (I John 4:16-17)
235. Who does the Bible say controls the whole world? (I John 5:19)
236. What is the relationship between your love for other people and God's love being perfected in your life? (I John 4:11-12)
237. What is the relationship between treating God's Word as a spiritual treasure, learning and obeying every instruction and God's love being perfected in you? (I John 2:5)
238. What did God do to show His incredible love for every person in the world? (John 3:16 and Romans 5:6-8)
239. Why did Jesus Christ willingly give up His exalted position in heaven to come to earth as a servant? Why did He experience death? (Hebrews 2:9)
240. How does the love that Jesus Christ has for you compare with His Father's love for Him? What did Jesus instruct you to do in regard to His love for you? (John 15:9)

241. What quality enables you to be a child of God? (I John 3:1)
242. Can you be certain that your loving Father cares about the little details in your life? (Matthew 10:29-31)
243. Will anything change in regard to God's love for you when major calamities are taking place in the world around you? (Isaiah 54:10)
244. Can anything separate you from the love of Jesus Christ? What three words explain the answer to this question? (Romans 8:35-39)
245. God assures you that you are greatly loved. He instructs you not to be afraid. If you obey these instructions, what results will you receive? (Daniel 10:19)
246. How loving and merciful is God toward you? How long will His mercy and love last? (Psalms 111:4 and 23:6)
247. What does God promise if you know and understand the power of His name and His mercy, love and kindness? (Psalm 91:14)
248. Does God ever condemn His children for anything? (Romans 8:1)
249. How does the Bible explain the depth of the love of Christ? (Ephesians 3:17-19)
250. What does the Bible say about the relationship between loving God and loving your brothers (and sisters) in Christ? (I John 4:20-21 and 4:8)
251. What did Jesus Christ instruct you to do to people who curse you, mistreat you and hurt you? (Luke 6:27-31, Matthew 5:43-48 and I Corinthians 4:12-13)
252. Can you love people who treat you despicably if your imperfect human love is insufficient to love them? Romans 5:5)
253. What is the relationship between God's perfect love and pride, envy, jealousy and humility? (I Corinthians 13:4-8)
254. What does the Bible say will happen to you if you hate any Christian brother (or sister)? (I John 2:9-11)
255. What one word describes how God has commanded you to love other people? What relationship does unconditional love have with the Ten Commandments? (Romans 13:8-10)
256. What does the Bible instruct you to do if you encounter a person who has fallen because of sin? (Galatians 6:1 and I Peter 4:8-9)
257. How often does God instruct you to love others? (I Corinthians 16:14)

258. If you were asked what the Bible instructs you to do to show your love for God, what would be your answer? (I John 5:3 and John 14:24)
259. What is the relationship between faithfully obeying God's instructions and the joy that you will experience in your life? (John 15:10-11)
260. What is the relationship between obeying God's instructions and receiving God's love? (John 14:21)
261. What is the first and most important of the Ten Commandments? (Matthew 22:37-38)
262. Why are you instructed to love God? (I John 4:19)
263. Why does the Bible say you should hold tightly onto God's instructions to guard yourself against disobedience? (Proverbs 4:13)
264. What did the psalmist do when he thought about the severe penalty that people pay for ignoring or disobeying God's instructions? (Psalm 119:136)
265. If you consistently learn and obey God's instructions, what spiritual foundation will your life be built upon? If you hear God's instructions and do not obey them, what spiritual foundation will your life be built upon? What will happen to you? (Matthew 7:24-27)
266. What did the apostle Paul say that you would be if you had faith that was strong enough to move mountains but did not love others? (I Corinthians 13:2)
267. What is the relationship between your faith in God and God's love being manifested in your life? (Galatians 5:6)
268. The Bible compares faith, hope and love. Which of these three attributes is the greatest? (I Corinthians 13:13)
269. What is the source of good deeds that are done in humility? (James 3:13)
270. What two promises does God give to His children who are humble? (Psalm 25:9)
271. What ultimately will happen to people who exalt themselves? What ultimately will happen to people who humble themselves? (Matthew 23:12)
272. What specific advice does the Word of God give to people who tend to overestimate the importance of their human abilities? (Romans 12:16)
273. God longs to be gracious to you. Who receives God's grace? (Proverbs 3:34 and Isaiah 30:18)

274. Can proud and haughty people enjoy a close and intimate relationship with God? (Psalm 138:6)

275. What does the Bible teach are the penalties that proud people ultimately will pay? (Luke 14:11 and Proverbs 16:18)

276. What relationship does God have with people who are proud and haughty? What blessing does He give to His children who are humble? (James 4:6)

277. What does the Bible mean when you are instructed to clothe yourself with humility? What people does The Amplified Bible say will be opposed, frustrated and defeated by God? (I Peter 5:5)

278. What does the Bible say about people who lean on, trust in and are confident in themselves? What will happen to Christians who consistently are guided by God's wisdom? (Proverbs 28:26)

279. Why do self-confident people reject the teachings of the Bible? (Proverbs 1:22 and 18:2)

280. What ultimately will happen to people who consistently are self-confident? (Proverbs 1:32)

281. What does the Bible say about human beings who have a great deal of natural ability depending on this ability to control their lives? (Jeremiah 10:23)

282. What did the apostle Paul mean when he said that he died daily? How does this statement apply to your life? (I Corinthians 15:31)

283. What right does Jesus Christ have to control your life? Why should Jesus be Lord of your life? (I Corinthians 6:20 and Romans 14:7-9)

284. What did Jesus mean when He said to deny yourself and to take up your cross daily? (Luke 9:23)

285. The Holy Spirit comes into your heart when you receive Jesus Christ as your Savior. Why should you allow Him to guide and control your life? (Ezekiel 36:26-27 and Galatians 5:16)

286. How can you replace the pride that controls many people's lives with the humility that God wants to be manifested in your life? (Galatians 5:22-23)

287. What does the Bible mean when you are instructed to live the life of the Spirit? (Galatians 5:25 and Romans 8:9)

288. If Jesus Christ is your Savior, how can you be certain that you are a child of God? (Romans 8:14-16)

289. If you are not a child of God, you are a child of Satan. What decides if you are a child of God? What decides if you are a child of Satan? (I John 3:10)

290. What does the Bible say in regard to worrying about the future? (Matthew 6:34 and Revelation 2:10)

291. How long does God promise to carry your burdens? How long does He promise to strengthen you? (Psalm 68:19 and Deuteronomy 33:25)

292. How long did Jesus ask God to provide food for when He prayed what we today call the Lord's Prayer? (Matthew 6:11)

293. What does the Bible instruct you to do with each day that the Lord has given you? (Psalm 118:24)

294. How often does God promise to give you a new supply of His tender compassion? (Lamentations 3:22-23)

295. What causes you to have a heavy heart? What causes you to have a glad heart? (Proverbs 12:25)

296. Is there a relationship between your physical health and your heart being filled with the Word of God? Why does the Bible instruct you to guard your heart? (Proverbs 4:20-23)

297. What did Jesus say about the futility of worrying? (Matthew 6:27)

298. What does the Bible say that God desires in regard to anxiety in your life? (I Corinthians 7:32)

299. What advice did Jesus give to people who are chronic worriers? (Matthew 6:25)

300. Why was Jesus unable to perform miracles in His hometown of Nazareth? (Mark 6:1-6)

301. Why did the Israelites travel in a circle for forty years in the wilderness on a journey that should have taken only eleven days? How do their actions apply to your life today? (Deuteronomy 1:2 and Hebrews 3:12)

302. What did Moses say to the Israelites regarding their faith in God? What does the Bible say about the faith that the disciples had in Jesus? (Deuteronomy 1:32 and John 12:37)

303. Why is the disciple Thomas often called "Doubting Thomas?" What lesson can you learn from Thomas that applies to your life today? (John 20:27-29)

304. What does the Bible mean when you are instructed not to walk by sight? How should you walk? (II Corinthians 5:7)

305. What one quality does the Bible say is absolutely necessary for you to please God? (Hebrews 11:6)

306. What does the Bible promise that your life will be like if you lean on the Lord, trust Him completely and have absolute confidence in Him? (Proverbs 16:20)

307. If you are justified before God by the sacrifice of Jesus Christ, how does God instruct you to live your life? What will His reaction be if you do not obey this instruction? (Hebrews 10:38)

A Few Words About Lamplight Ministries

Lamplight Ministries, Inc. originally began in 1983 as Lamplight Publications. After ten years as a publishing firm with a goal of selling Christian books Lamplight Ministries was founded in 1993. Jack and Judy Hartman founded Lamplight Ministries with a mission of continuing to sell their publications and also to give large numbers of these publications free of charge to needy people all over the world.

Lamplight Ministries was created to allow people who have been blessed by our publications to share in financing the translation, printing and distribution of our books into other languages and also to distribute our publications free of charge to jails and prisons. Over the years many partners of Lamplight Ministries have shared Jack and Judy's vision. As the years have gone by Lamplight Ministries' giving has increased with each passing year. Thousands of people in jails and prisons and in Third World countries have received our publications free of charge.

Our books and Scripture Meditation Cards have been translated into eleven foreign languages – Armenian, Danish, Greek, Hebrew, German, Korean, Norwegian, Portuguese, Russian, Spanish and the Tamil dialect in India. The translations in these languages are not available from Lamplight Ministries in the United States. These translations can only be obtained in the countries where they have been printed.

The pastors of many churches in Third World countries have written to say that they consistently preach sermons in their churches based on the scriptural contents of our

publications. We believe that people in several churches in many different countries consistently hear sermons that are based on the scriptural contents of our publications. Praise the Lord!

Jack Hartman was the sole author of twelve Christian books. After co-authoring one book with Judy, Jack and Judy co-authored ten sets of Scripture Meditation Cards. Judy's contributions to *God's Wisdom Is Available To You*, *Exchange Your Worries for God's Perfect Peace*, *Unshakable Faith in Almighty God*, *Receive Healing from the Lord*, *What Does God Say?*, *Victory over Adversity*, *God's Joy Regardless of Circumstances* and *A Close and Intimate Relationship with God* were so significant that she is the co-author of these books. Jack and Judy currently are working on other books that they believe the Lord is leading them to write as co-authors.

We invite you to request our newsletters to stay in touch with us, to learn of our latest publications and to read comments from people all over the world. Please write, fax, call or email us. You are very special to us. We love you and thank God for you. Our heart is to take the gospel to the world and for our books to be available in every known language. Hallelujah!

Lamplight Ministries, Inc.,

PO Box 1307 - Dunedin, Florida, 34697. USA

Phone: 1-800-540-1597 • Fax: 1-727-784-2980

website: lamplight.net • email: lamplight@lamplight.net

A request to our readers

If this book has helped you, we would like to receive your comments so that we can share them with others. Your comments can encourage other people to study our publications to learn from the scriptural contents of these publications.

When we receive a letter containing comments on any of our books, cassette tapes or Scripture Meditation Cards, we prayerfully take out excerpts from these letters. These selected excerpts are included in our newsletters and occasionally in our advertising and promotional materials.

If any of our publications have been a blessing to you, please share your comments with us so that we can share them with others. Tell us in your own words what a specific publication has meant to you and why you would recommend it to others. Please give as much specific

information as possible. We prefer three or four paragraphs so that we can condense this into one paragraph.

Thank you for taking a few minutes of your time to encourage other people to learn from the scripture references in our publications.

Books written by Jack Hartman

Trust God for Your Finances

What Will Heaven Be Like?

Never, Never Give Up

How to Study the Bible

Quiet Confidence in the Lord

One Hundred Years from Today

Nuggets of Faith

God's Will for Your Life

Books co-authored by Jack and Judy Hartman

Overcoming Fear

A Close and Intimate Relationship with God

God's Joy Regardless of Circumstances

Victory Over Adversity

What Does God Say?

Receive Healing from the Lord

Unshakable Faith in Almighty God

Exchange Your Worries for God's Perfect Peace

God's Wisdom Is Available to You

Increased Energy and Vitality

Scripture Meditation Cards co-authored by Jack and Judy Hartman

Receive Healing from the Lord

Freedom from Worry and Fear

Enjoy God's Wonderful Peace

God Is Always with You

Continually Increasing Faith in God
Receive God's Blessings in Adversity
Financial Instructions from God
Find God's Will for Your Life
A Closer Relationship with the Lord
Our Father's Wonderful Love

Jack and Judy Hartman
Lamplight Ministries Inc
PO Box 1307
Dunedin, Florida 34697-2921

Telephone: 1-800-540-1597
FAX: 1-727-784-2980
Website: lamplight.net
Email: lamplight@lamplight.net