



You don't have to be your dad... You can become God's man!

Breaking Free From Fear

As I sought God's will about what He wants us to break free from this month, I came across one of my favorite passages of Scripture. It is found in Numbers 13. Moses was leading the children of Israel towards the Promised Land. However, before they began the battle plans, Moses wanted his men to do some reconnaissance work. Moses chose Joshua, Caleb, and 10 other men to go and spy out the land of Canaan.

Forty days later, the twelve spies returned. All of the spies came back with incredible stories about the awesomeness of the new land. However, ten of the spies gave a bad report because they were consumed by fear. They had seen giants in the land, and the sight of the giants consumed them with fear and dread. Their fear caused the entire nation of Israel to rebel against God. All that is except Joshua and Caleb. I always get a thrill reading of how these two men stand up for God and do the right thing, declaring God will help them destroy the giants and win the land. However, this time I found myself focusing on how fear crippled the faith of the other ten spies and kept them from moving forward in obedience to God.

These men, along with the other children of Israel were presented with a big challenge from God... to defeat the giants in the land of Canaan. They knew how to be slaves. They knew how to stand back and let God fight for them. When it came to fighting for themselves, they were lost. God wanted them to face their giants, but instead they allowed their fear to stop them from doing God's will. It's ironic: they were afraid to die so they refused to do what God wanted. In the end, they died anyway because they let fear keep them from following and obeying God. We need to make sure we don't do the same thing and allow fear to keep us from completely obeying God.

We all have our own "giants" in our lives. Daily, we face new, difficult situations. People are losing their jobs. Finances are tightening and 401K's are shrinking. We worry if we will have good health or if we will lose it. Relationships are tested. We fear sickness or poor health. We can even struggle with fear in our relationship with God. He may ask us to do something or make a change in our lives, and the thought of the change terrifies us. As we go through these times, we often feel worried and afraid. Fear is a natural reaction in tough times. However, we need to make sure that we don't allow our fears to keep us from following and obeying God.

I am not saying it is easy. Fear can be a crippling emotion. However, there is hope. We can conquer

our fears and continue moving forward with God to face our giants. I know this fact firsthand. I broke free from fear and so can you!

I am a man who was consumed with fear. Because of the abuse in my life as well as the challenges of my physical disabilities, I lived in constant fear. I was afraid to try things. I feared rejection. I was afraid of hurting myself physically. Fear was paralyzing me. Thankfully, God opened up a way for me to break free.

He began to show me how much fear was controlling me. He showed me how the pain of my past caused the fear. I began to examine the memories, look at them through God's eyes, and work my way through the pain. I had to forgive all the people who contributed to my fear. I also had to forgive God for my physical disabilities. Then I went through spiritual deliverance where I was set free. Getting rid of the demonic influences I gave ground to inside of me made a huge difference.

Daily I asked God for His courage and the ability to trust Him to take care of me. I had to start trying to trust other people and become more vulnerable. I also gathered some Bible references to remember. Here are a few:

For God has not given us a spirit of fear, but of power and of love and of a sound mind. 2 Tim. 1:7

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. Isaiah 41:10

Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you." Deuteronomy 31:6

God's word is full of Promises to His sons that give us strength and encouragement to overcome our fears. We all need to examine ourselves to see what fears we have allowed to cripple us and keep us from becoming all God wants us to be.

With God's help I was able to conquer my fears. One major source of fear in my life was fear of my dad and his abuse. I always cowered to him. However, God showed me the root of my fear and he helped me work through the pain of all the abuse. Now I no longer shrivel in fear when having to interact with my dad. I am strong and courageous and can stand my own ground and face his abusive nature.

God wants us all to be strong and courageous men in Him. In order to do this, we need to face our fears and drive them out of our lives. This is not a once and done deal. However, God's power is there for the asking. Let's seek His help as we conquer our fear and move forward with God.