

SOHL  
WEEKLY MINISTRY MEDITATIONS



"A JOURNEY OF THE HEART"

## GETTING IT UNDER CONTROL

March 18, 2019

**ISAIAH 41:10 NKJV - (10)** Fear not, for I *am* with you; Be not dismayed, for I *am* your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand.'

One of the things that can hinder us from thriving in our current season is fear. Fear is a valid emotion. We need fear to warn us of danger—to alert us when things aren't quite right. But fear is not valid when it begins to **control** you. Our transformed minds need to set the course of our lives, **not our emotions**. Fear is a very unpredictable emotion. It can manifest itself in many ways, and if left unattended, it can rob us of joy, immobilize us in our home and destroy our lives.

Fear can be destructive to both inner and outer beauty. It can produce tension, which makes us uptight and irritable. It can create and grow mistrust in you until you begin questioning the motives of everything and everyone. Fear causes unhappiness because it causes us to focus on the negative and to always look to see what is going to go wrong next. Fear instigates nervous reactions to everything. When we are afraid, a genuine smile can become the most difficult exercise. Fear can even change the way we walk and move our body.

The enemy will use different tactics and disguises to deceive us. Have you ever struggled with fear? It can attack you in your home. You start to think, is there trouble in my marriage? Are my kids heading down the wrong path? Do I have an illness? Fear can be a problem on a very personal level. Will anyone ever really love me? Is something wrong with me—something everyone sees but me? Will I ever get married? Will I ever have children? Will I grow old?

The enemy's goal is to distract you and me from the things of the Lord and to cause us to doubt that the Lord really cares or will do what He has promised. Fight the lies of the enemy with the truth of God's Word! Do not allow fear to control you. Instead, keep your eyes on Jesus and allow His strength and the power of the Holy Spirit to help you overcome the fear in your life. Ask the Lord, to deliver you from crippling fear and to give you a greater measure of faith in your power and your control over the course of your life.

**SCRIPTURE READING: DEUTERONOMY 31:6**

**THOUGHT FOR THE WEEK:** God's role is to fight! Our role is to have faith.