

Fearless Living Guide

How to crush fear and create freedom!

Have you noticed that fear can **really get in the way**? Fear is powerful and can block us from pursuing our heart's desires. It can keep us from doing and becoming all that God is creating us to do and become (see Matthew 25:14-30).

Once we decide to put Christ first in our lives, **exciting and fulfilling possibilities** swing wide open, even living without fear (see Isaiah 41:10).

Let's take a look at how to crush fear and **create the freedom** to experience life in all the fullness that God intends (see John 10:10).

Check out the diagram on this page. Yep, I know it's busy with all of the circles and arrows, but it's really simple and **extremely important**. We can use this tool to help us refocus in times of fear.

The yellow circle represents your current situation. Just answer **Yes** or **No** to the question, "Am I out of my comfort zone or afraid?"

Whether it's, "Yes," or, "No," **take a moment** to let Jesus know that you thank, trust and surrender to Him. Frequent, "heart glances," like this help build an amazing relationship with Him (see Philippians 4:6-7, Joshua 1:9, and Isaiah 26:3).

Next, we watch for His response, such as **giving** us courage to take action, or **providing** calm and peace as we wait.

We know that we will **continue to face fears and troubles**. But the more we can stay in the top half of this diagram, the less grip it will have on us. Christ understands when we are anxious. He is our Helper and is absolutely worthy of our trust (Hebrews 13:6, John 16:33; Romans 8:37-39).

In Psalm 34:8 we are invited to, "taste and see that the Lord is good." One of the best times to get a "**taste**" of God's goodness is when things aren't going as expected or hoped for.

God gives us life and it's our privilege to trust him. We can trust him through the **toughest** times and also through the **smaller** ups and downs in every aspect of our lives (see Matthew 7:7-8).

Trusting Christ **no matter what happens** helps us **break free** from the chains of fear that keep us on the **sidelines**. We can step forward armed with God's grace and unlimited resources (see Psalm 37:4, Philippians 4:13).

I used to think that **fearless living** was what the Christian life was all about. Being forgiven, saved and looking forward to heaven was already amazing enough for me! But once I started learning how to thank, trust and surrender to Christ more often, I began to see . . .

THAT'S JUST THE BEGINNING!

Because once we learn to lean on Him, then we can embrace our freedom to **REALLY LIVE!** That means to delight ourselves in Him and fearlessly follow the dreams He has put on our hearts (see Psalm 37:4).

For more on how to **move forward** with Christ, **check out my, "Set Sail,"** eBook at flamebright.com/setsail.

Let's shine bright,

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