

# Journey Enews

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## FEAR By Bobby Duncan

Science tells us human beings are born with two natural fears: the fear of the sensation of falling and the fear of loud noises. Along the way during childhood development, we pick up additional concerns which may become fears or phobias, paralyzing our progress and draining confidence. There are many practical tips counselors and therapists use for reducing fears and failures in life. Get some help.



As a minister/pastor/friend listening to people every day, this much I know: Everyone has a story. We're not Jesus. If you are struggling with chronic concerns from unpleasant events in the past, get help, sooner rather than later. Many resources are available for helping people regain their confidence. Starting each day with positive thoughts is not impossible. Work on your morning start each day. Get a book, or a life coach, or just get more rest. Get some help, soon.

In addition, let me suggest the Bible as an important resource everyone can use alongside self-help, medicine, counseling, and any other treatments for optimum mental health. The Bible is filled with positive steps to a better version of ourselves. None of the life principles in the Bible are too high for everyday people to reach.

If you are not familiar with the Bible and are unsure where to begin, let me offer this practical suggestion. The phrase "fear not" is found 365 times in the Bible. There is one verse for every day of the year. God has a lot to say about finding our personal confidence and peace of mind in our busy, active lives. Achieving better mental health is not impossible. Get some help.

When a big bus startles us with its loud horn, it's natural to jump. When you roll out of an unfamiliar bed at a hotel in the middle of the night, half-asleep, no wonder it feels like you are tumbling down the Grand Canyon. A lot of the things that weird us out and make us nervous, we can eventually learn to handle. Get a little help.

Use every human resource available. Make sure not to overlook creator God who made us, and who promises that His peace is available. Give God a chance. You may discover His powerful message of encouragement in your time of trouble.

"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus." Philippians 4:6-7 NLT

God's peace and confidence passes our understanding. More God. Less me.