



NO MORE FEAR

5

Choices
That Bring
Peace

Introduction

In our world today, so many people struggle with finding peace for their minds. Sadly, many of us have accepted anxiety and fear as normal, something we just need to live with. But when fear is left unchecked and allowed to run rampant in our minds, it can lead us to some dangerous places.

Believe it or not, there is hope for peace of mind. In fact, there is an everlasting peace that surpasses all understanding. It's the kind of peace that keeps you steady even when life gets chaotic and challenges are pushing at you on all sides.

This perfect peace from God is available to every single believer. In this eBook you'll discover five choices you can make to change your perspective on peace. They'll help you step out of a mindset of fear and anxiety into a mindset that's planted in God's promises and in His peace.

Chapter 1: Choose to Focus on God's Promises

Have you ever used phrases like, “That makes me sick” or “You scared me to death”? Most of us use those sayings jokingly, but when you stop to think about it, those negative words are shaping our mindset. **As believers, we need to take action against a disease that has become a modern-day plague—a disease of the mind.**

Nowadays, doctors will admit that most illnesses and diseases stem from a mind that is ill at ease. The root of many addictions, suicide, depression, cancer, and heart disease can be traced to a mind that is experiencing “dis-ease” in some way. Minds that are stressed out, anxious, or unhappy have become so common that we fail to see the danger.

WHEN YOUR MIND IS AT PEACE, IT TRANSLATES INTO HEALTH AND WELLNESS.

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

Philippians 4:6-7 (NKJV)

God’s Word offers clear answers. It teaches you to deal with your mind, overcome anxiety and stress, conquer negative thinking, and discover a peace and joy on the inside that will last through any kind of situation. When your mind is at peace, it translates into health and wellness. It speeds up recovery and protects against illness. A peaceful mind is an excellent vaccine.

If you are dealing with fear, anxiety, unhappiness, or sickness, **come into stillness and spend time letting God’s promises sink in.** You will be amazed at the changes that take place in your heart, mind, and body.

Chapter 2: Choose to Meditate

When you are thirsty, there is nothing like a tall, cold, refreshing drink. Your body craves refreshment, but did you know that your mind also needs refreshment?

Many of us live our lives year-round in dehydration. We are running on empty, rushing from work to family obligations to commitments with our spouses, one step from collapse.

While we may not be able to eliminate all stress factors, there is a method of achieving peace even in the midst of chaos. **There is a peace that passes all understanding that we can tap into when we regularly meditate on and fill our hearts and minds with God's Word.**

**BIBLICAL
MEDITATION
ISN'T AN
EMPTYING
OF YOUR
MIND; IT'S
CHOOSING
WHAT TO FILL
IT WITH.**

My son, give attention to my words; incline your ear to my sayings. Do not let them depart from your eyes; keep them in the midst of your heart; for they are life to those who find them, and health to all their flesh.

Proverbs 4:20-22 (NKJV)

Meditation is a word many people in western society shy away from. They think it's about mysticism and magic, but all throughout the Bible there is clear teaching on meditation. **Biblical meditation isn't an emptying of your mind; it's choosing what to fill it with.**

Biblical meditation is simple. It just involves consciously choosing what you focus on and think about. God's Word has the power to refresh your mind and spirit like a tall, cool glass of water can refresh your body. **Meditate on God's Word and wash away your stress and worry as you bathe your mind in peace and joy.**

Chapter 3: Choose to Set a New Normal

In life, everyone has their own idea and perception of what normal is. For example, someone who grows up in an abusive situation learns to live in fear every day. They come to accept it as normal because it's all they've ever known.

Although they learn to live with fear, that doesn't mean it's comfortable. Fear brings torment. It's common to see the evidence of that torment in someone who is being abused by their spouse or in a person who is house-bound because of a paralyzing phobia. However, **many people's lives are controlled by fear and they don't realize it because it's not a type of fear they recognize.** Just because a fear doesn't incapacitate you doesn't mean it isn't destructive.

**DO YOU
ACCEPT
ANXIETY,
WORRY, AND
STRESS AS
THOUGH
THEY'RE
NORMAL?**

Do you accept anxiety, worry and stress as though they're normal? Philippians 4:6-8 says that **we are to be anxious about *nothing*.** And Luke 8:14 tells us that fear and worry will choke out all the good that God wants to do in our lives.

"All too quickly the message is crowded out by the cares and riches and pleasures of this life. And so they never grow into maturity."

Luke 8:14 (NLT)

You were never designed to live in fear, and Philippians 4:8 (MSG) gives the simple cure. Are your thoughts "true, noble, reputable, authentic, compelling, gracious—the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse"?

You will believe in whatever you continually focus on. Remember Philippians 4:8 and use it to examine and redirect your habitual thoughts. Instead of fear, worry, and anxiety, **peace and faith will become your new normal.**

Chapter 4: Choose to Overcome Fear

People often misdiagnose problems actually caused by fear. They assume that because they don't suffer from a phobia or some other clearly fear-related issue, they don't have fear.

Yet common problems like worry, anxiety, moodiness, and grumpiness are often symptoms of fear. Those who are stressed out, overwhelmed, or have trouble focusing can frequently link the problem back to fear as well. Even nausea, digestive trouble, headaches, muscle tension, and many physical illnesses are commonly related to fear.

**FEAR WILL
KEEP YOU
PARALYZED
UNTIL
YOU TAKE
ACTION.**

Because fear is so destructive and is such a common struggle, the Bible has much to say about it and recounts many stories of men and women who faced fear and overcame. In every story, you will notice one thing: they chose to be courageous despite their fear. **Overcoming fear is a choice.**

"No one will be able to stand against you as long as you live. For I will be with you as I was with Moses. I will not fail you or abandon you. Be strong and courageous..."
Joshua 1:5-6 (NLT)

James 2:20 tells us that faith without action is dead. **Courage is taking the right action in the midst of a difficult situation.** It's feeling the fear but functioning anyway. Fear will keep you paralyzed *until* you take action. The funny thing about courage is that you never feel courageous until you decide to move forward. Although the fear will often continue to push at you, **the feelings of strength will come once you have stepped out—not before.**

Never forget that you do not face fear alone. God strengthens you, gives you wisdom, and supplies you with overwhelming peace in any circumstance.

Chapter 5: Choose to Be Courageous

When Moses died, Joshua was left to lead the Israeli people from the wilderness into the land God had promised them. God didn't just hand them their new land; it required courage to fight the giants that inhabited it. Several times, God told Joshua to be strong and courageous. He didn't give him fourteen steps to developing courage. He just told him to be it.

"This is my command—be strong and courageous! Do not be afraid or discouraged. For the LORD your God is with you wherever you go."
Joshua 1:9 (NLT)

**SPENDING
TIME
WITH GOD
STRENGTHENS
YOUR HEART
TO BE
COURAGEOUS.**

Courage isn't a feeling or a mood. It's not something that comes over you, and it's not a trait that only some are born with. We are all capable of choosing to be courageous in times of fear.

In emergency rescue, when injured people scream out "Give me something for the pain!" and pain meds are administered, within a few minutes, you can see them visibly relax. That instant feeling of relief is also what happens when you go into the presence of God. **Spending time with God strengthens your heart to be courageous.**

When icy fear grips you and puts your stomach in a knot, spending time with God causes peace to flood in. His presence lifts the pressure and stress. You can shrug your shoulders and move on. When fear pushes at you, pray for His strength. Open your Bible and begin to take in His peace that transcends all understanding.

Conclusion

You weren't meant to be taken out by fear, anxiety, and stress. God's peace is yours! Let's quickly recap the five choices we talked about in this eBook to help you walk in His peace:

- **Chapter 1:** *Choose to Focus on God's Promises.* Shift your focus from the worry and anxiety of the unknown to the hope and joy God has promised for your future.
- **Chapter 2:** *Choose to Meditate.* Practice Biblical meditation on verses that promise God's peace.
- **Chapter 3:** *Choose to Set a New Normal.* Don't let fear control your life. Set yourself free from things holding you back from living the full life God has for you.
- **Chapter 4:** *Choose to Overcome Fear.* With God, fear has no control over you. Look past fear to what God has for you on the other side.
- **Chapter 5:** *Choose to Be Courageous.* Be strong and use courage to boldly move forward in life, overcoming distractions and obstacles.

If you're struggling to find peace right now, we pray you found hope in the last five chapters. Read through this eBook as many times as you need to, put the five choices into practice in your life, and start walking in God's peace. With His peace, you can overcome what comes against you and move forward with bold courage!