

SPIRITALIVE

HOPE ~ HELP ~ HEALING

March,
2013



"OVERCOMING FEAR AND WORRY"

MATTHEW 6:25 (CEV)

"I tell you not to worry about your life"

It seems today that people are living in a highly toxic environment of fear and worry. Everywhere you look you can see the effects of fear and worry on the faces of humanity. We live in a stress driven world of uncertainty with little or no freedom from the effects of fear. The daily news feeds are filled with bad news and are filling the airwaves with a constant barrage of negativity! It is said that people are living the psychological impact of other people's tragedies right in their living rooms. With so much bad news bombarding our eyes and ears, is there any way we can escape this attack of negativity? Is there something we can do to safeguard our minds and hearts from being overwhelmed by the fears and worries of life?

FEAR AND WORRY DEFINED

A simple definition of fear is a sense of impending danger, alarm, dread, or anxiety. The dictionary states that fear is a painful emotion aroused by a sense of anxiety and an anticipation of disaster. It means to be afraid of something or someone! The Greek word for fear is "phobos" which means dread and terror. Fear is the affliction of the mind which arises from the conception of approaching danger. Someone said that an acronym for the word FEAR is FALSE

EXPECTATION APPEARING REAL!

Fear is related closely to its cousin worry. The Oxford dictionary describes worry as "allowing one's mind to dwell on troubles." Being worried is to be in an uneasy, troubled and disturbed state of mind. Fear and worry are interconnected. Whatever a person focuses on in thought life can result in worry and fear!

MAINTAIN A FEAR-FREE MIND

Scripture encourages us to be diligent to maintain a healthy mind. The condition of our mind is a result of what we allow ourselves to meditate on. In order to have a peaceful fear-free mind, our thoughts must be focused on the promises of God, not solely on the circumstances of life. Isaiah 26:3 states "You will keep in perfect peace all who trust in you, all those **whose thoughts are fixed on you.**" In the New Testament, the Apostle Paul tells the believers to "**capture rebellious thoughts** and learn to obey Christ"! (2 Cor. 10:5) Both of these verses encourage us to harness our thoughts and learn to focus on the positive. We need to control our imaginations, instead of allowing them to control us!

What we feed our minds regularly will eventually produce either feelings of freedom or feelings of despair. In 1 Peter 1:13 the Apostle Peter said "gird up the loins of your mind and be sober." He is simply stating that we can take control over our thought life and have a healthy mind.

Our **vision** is to be a voice to our generation imparting truth, instilling hope, and motivating positive change.

Our **objective** is to present God's Word in a practical, relevant way through:

Life-changing teaching.

Inspiring guest interviews.

Distributing newsletters.

Providing resource materials.

Hosting workshops & seminars in First Nations Communities.

You can help by becoming a monthly partner. As a partner, you can:

Apply your faith in prayer.

Make financial contributions.

Lend your time and skills to help in program production.

Promote the program by telling others about it.

Encourage us with your letters and praise reports.

OVERCOME FEAR WITH FAITH

We can learn many helpful lessons and principles from the Old Testament. Romans 15:4 says "Such things were written in the scriptures long ago to teach us. And the scriptures give us hope and encouragement as we wait patiently for God's promises to be fulfilled." (NLT) In the book of Deuteronomy 20:1-4, God advised his people how to confront and win their battles. "When you go out to fight your enemies...and an army greater than your own, **do not be afraid**. The Lord your God, who brought you out of the land of Egypt, (a type of Satan and his kingdom) is with you!" (v. 1) "**Do not be afraid** as you go out to fight your enemies today! **Do not lose heart or panic or tremble** before them. For the Lord your God is going to be with you! He will fight for you against your enemies, and He will give you victory!" (v 3-4) So we are not to fear any enemy in life because God promises to give us the victory, even when it is naturally impossible. Also, He promises to be there no matter what problems we face! We don't fight the battle alone! Remember these powerful words from Hebrews 13:5-6: "I will never leave you nor forsake you...the Lord is my helper: **I will not fear.**" Also in the midst

of sickness and impending death, Jesus told the centurion "**fear not only believe.**" (Mark 5:36) God's Word and His Promise is sufficient to dispel all fear, even when we are facing impossible situations!

We need to take our minds off what we think about a situation and focus totally on God's Word. Fear is placing your energy on the negative situation or on the circumstance that you are facing. Faith places emphasis on God's promise. Make this your motto in life: "**I will fear no evil**" (Psalm 23:4). We can overcome all of life's problems when we refuse fear and worry and choose to trust God's Word.

STEPS TO FOLLOW WHEN FACED WITH FEAR AND WORRY

1. Find scriptures that deal with your situation or concern.
2. Read and meditate on these scriptures.
3. Pray and release your faith.
4. Thank God for your answer! (See Phillipians 4:6-9 NLT)

by Pastor Roma Fisher

PARTNERSHIP INFORMATION

Support the Gospel of Jesus Christ by partnering with Spirit Alive. Send us your emails, prayer requests, testimonies, or financial gifts and help teach the Word of God to our nation.

You can become a MONTHLY PARTNER for as low as \$5 a month. Every bit helps and every gift matters to God.

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SPIRIT ALIVE NEWS

Pastor Roma Fisher participated as a guest speaker at the Nishnawbe Aski Nation Embrace Life Forum 2013, in Thunder Bay, March 6-8.

Faith City Church is hosting its 3rd Ignite City-Wide Youth Conference in Thunder Bay, May 24 – 26. (see www.faithcitychurch.ca for poster)

Spirit Alive is excited to announce we have raised the funds for a new digital lighting system and one new camera. Two new cameras are still needed to complete the upgrades! If your church or organization would like to help with fundraising for this project, please contact our office! (2 Cameras @ \$3300 each)

Thanks and Meegwetch to all our partners and friends for your continued generous support of this ministry!

Sharing the Spirit of Faith,
Pastor Roma Fisher and Spirit Alive Team

BROADCAST SCHEDULE

GLOBAL Thunder Bay
Sunday 9:30 am EST
Wed 10:00 am EST

CKWS/CHEX TV
Sunday 5:00 am EST

VISION TV
Saturday 5:30 am EST



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