

I may have opened a door to an awareness of the Spirit of Fear that inhibits all of us in our forward motion of life. Our being as a person is not granted from Government but granted from God. Our gifts of God who created us at the time of creation of the World are life, consciousness, and self-will to weigh cause against effect. Many people lack a conscious and the ability to use cause and effect of their decisions as they progress through life. The end result is that many people just stay stagnant and decide their life is good enough. We should never lose Faith and be distracted by Fear. You must eventually come face to face with yourself and realize Fear is not of God and your story is ordained by God who knows you and wants you to be what He ordained you to be. Seek Him by diligent prayer and take the way of the Spirit of Truth. Prayer certainly involves Biblical promises. I find that Personalizing my prayer helps me to present myself before the throne of Grace and Mercy with my petitions of prayer. My wife, Linda, had Psalm 91 as her primary daily prayer. And all of us know that Psalm 23 is a powerful interface with God in prayer. Both are presented in personalized petition noted below:

PSALM 91 Personalized

I who dwell in the shelter of the Most-High will rest in the shadow of the Almighty.

I will say of the Lord, He is my refuge and my fortress, my God in whom I trust.

Surely, He will save me from the fowlers snare and from the deadly pestilence.

He will cover me with His feathers, and under His wings I will find refuge; His faithfulness will be my shield and rampart.

I will not fear the terror of night, nor the arrow that flies by day, nor the pestilence that stalks in the darkness, nor the plague that destroys at midday.

A thousand may fall at my side, ten thousand at my right hand, but it will not come near me.

I will only observe with my eyes and see the punishment of the wicked.

If I make the Most-High my dwelling - even the Lord who is my refuge – then no harm will befall me, no disaster will come near my dwelling.

For He will command His angels concerning me to guard me in all my ways; they will lift me up in their hands, so that I will not strike my foot against a stone.

I will tread upon the lion and the cobra; I will trample the great lion and the serpent.

“Because he loves me,” says the Lord, “I will rescue him; I will protect him, for he acknowledges my name.

I will call upon the Lord, and He will answer me; the Lord will be with me in trouble, the Lord will deliver me and honor me.

With long life the Lord will satisfy me and show me my salvation.

PSALM 23 Personalized

The Lord is my shepherd, I shall not want.

He makes me lie down in green pastures, He leads me beside quiet waters, He restores my soul.

He guides me in paths of righteousness for His name's sake.

Even though I walk through the valley of the shadow of death, I will fear no evil, for He is with me.

His rod and His staff, they comfort me.

He prepares a table before me in the presence of my enemies.

He anoints my head with oil, my cup overflows.

Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.

"Blessed be the God and Father of our Lord Jesus the Christ, the Father of sympathy and the God of every comfort, who comforts us in every trouble, so that we may also be able to comfort those who are in any kind of trouble or distress, are comforted by God." 2 Corinthians 1:3-4. "I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life I now live in the body I live by faith in the Son of God, Who loved me and gave Himself up for me" Galatians 2:20.

Our time of life can be looked at as before now and then after now. A commitment must be made that each one of us must come face-to-face with ourselves now if we are truly able to cast off the Spirit of Fear within us and in turn depend on the Spirit of Truth. Perfect love casts out the Fear that inhabits us and within this Spirit depression, anxiety, and stress are the more prevalent. We must know that God is present in our lives and directing our future. When we professed our Faith that He died for our sins, that He was buried, and that after three days He rose from the grave and ascended to the right hand of the Father in Heaven where He intercedes for us with the Father and directs our path of life, we have access to personal freedom. We have a free will to make our own decisions, but knowing He died for us and we can reach out to Him at all times, under all circumstances, with prayer as well as through His Word, the Bible, He hears us, and He will answer our prayer. Give God the opportunity to direct your path and your journey can be unburdened from the stress of life through a belief in Him. He has a destiny for you that can be fulfilled. Never lose faith in the end of your story where with Him you can be free and have an abundant life full of your unfulfilled dreams and goals in your life. With honesty, ethics, and morality you will prevail in the end and turn your experiences into the defining points in your life.

It is apparent that we need, but it is still up to us to appropriate this Faith daily and fully into ourselves. Being a "wannabe" Christian does not work in order to achieve all the blessings that God has for us including healing of the bombardments daily from the Spirit of Fear. In Bible reviews and teaching from "true teachers" of Bible scripture, we will come to understand that we allow disease, mental and physical, to occur in our body, wherein God has given us full access to Him for continued good health and healing. Once a disease takes hold in our body, importance of future life, as well as quality of life becomes a serious and continuing focus. The Bible says to be content in your circumstances. This is necessary but hard to realize when you are in the middle of a battle for your life and well-being. Your dreams and goals must be kept alive, and progress has to be shown for milestones of achievement. Your mind and particularly your heart must be directed not on today and its circumstances but on what God intends for you in a tangible future.

Proverbs 12:25 mentions depression directly, "Anxiety in the heart of man causes depression, but a good word makes it glad" (NKJV). Hopelessness is one of the hallmark symptoms of depression. In broad strokes, many Christians suffering from depression can find hope in biblical foundations. "Come to Me, all you who are weary and burdened, and I will give you rest. Take My yoke upon you, and learn from Me, because I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy, and My burden is light" Mat 11:28-30.

The joy of salvation comes from realizing, again and again, that our sins have been forgiven and that we will live forever with the eternally happy God, who desires that we share in His joy. We should never "get over" the gospel. Some self-help steps that might be helpful in facing depression and releasing it to God are:

1. **Describe** what you are experiencing in vivid detail as depression comes in many forms and reasons.
2. **Identify** the causes as depression often is not just something we have; it is something we do. Examine your own heart with this question: If your depression could speak, what would it say? What does it say about you? To others? To God? Depression is an active experience and can result from many sources other than the physiological: guilt due to unconfessed sin, false guilt, misplaced shame, ungodly fears, suppressed bitterness or hatred, **hopeless grieving**, and unbiblical expectations.
3. **Read** and observe Scripture by doing a search on what you are experiencing such as “disappointment” from a Biblical perspective.
4. **Act** on the Spirit of Truth as you must first accept the challenge of faithful obedience, even though you do not feel like it and are skeptical that anything will make a difference. It is first and foremost that you have Faith. Also, realize that progress out of the condition you are experiencing is a step-by-step process and small, practical, consistent Faith-based change occurs in the details.
5. **Look** at your lifestyle and evaluate lifestyle problems, such as overworking, lack of exercise, sleep difficulties, procrastination, unresolved stressors, and absence of spiritual disciplines.
6. **Resolve** conflicts and deal with troubled relationships, past or present.
7. **Direct** attention from yourself by performing tasks for the benefit of others. **Helping others can provide a new perspective on life.**
8. **See a Christian doctor** to rule out physical causes. Persons who are already taking multiple medications may need a physician's care to avoid further complications.