



CHANGING FROM THE CENTER

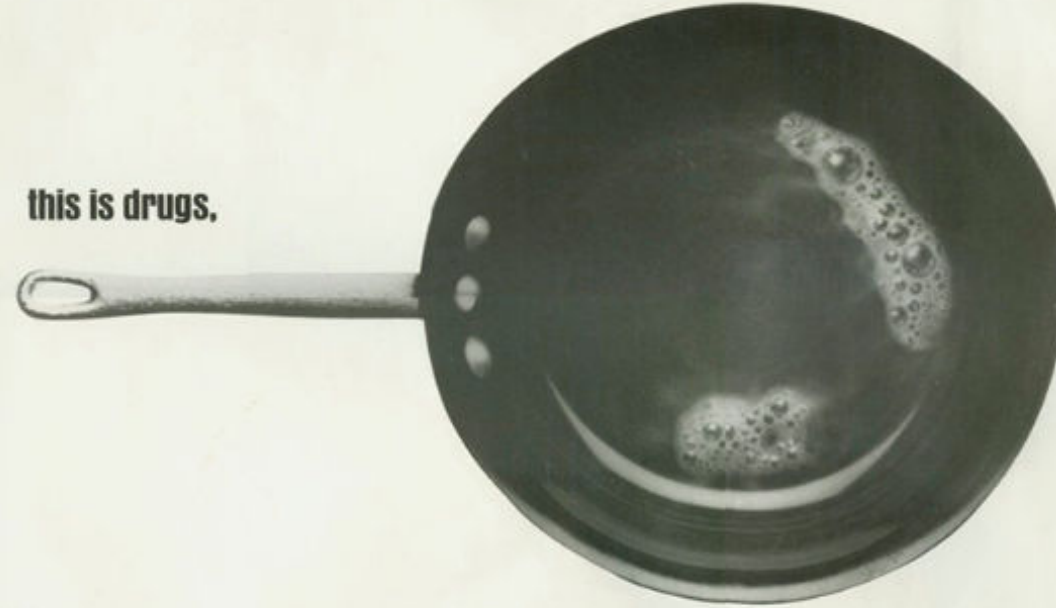
What Makes You Fearful?

CHANGING FROM THE CENTER

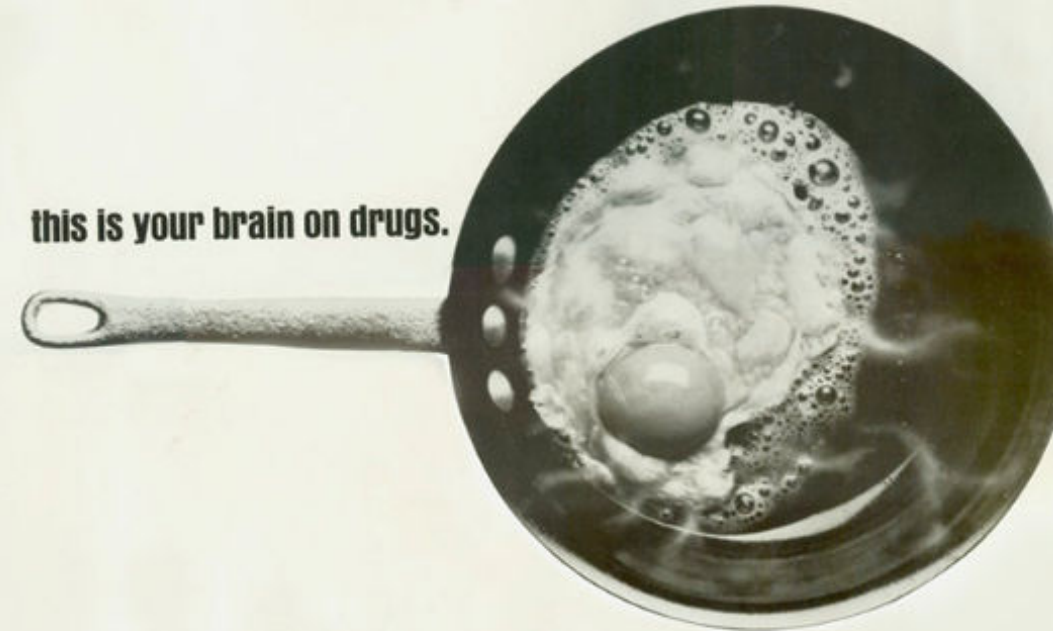
This is your brain,



this is drugs,



this is your brain on drugs.



Partnership For A Drug-Free America



“We can subconsciously begin to believe that the solutions to our fears are found in some *thing* somewhere, that some *thing* will protect us and keep us safe. The truth is that our souls can only find rest in *someone* . There is no other place to find true rest, peace, and freedom from fear.”

(from *What Does Your Soul Love?*)

¹ Truly my soul finds rest in God; my salvation comes from him.

² Truly he is my rock and my salvation; he is my fortress, I will never be shaken.

Psalm 103 - "Praise the LORD, my soul; all my inmost being, praise his holy name. "Praise the LORD, my soul, and forget not all his benefits."

Psalm 131 - "I have calmed and quieted my soul."

Psalm 42 - "Why, my soul, are you downcast? Why are you disturbed within me?"

David is reminding himself—his own soul—that when he feels shaken by fear, he can find rest and security in the God who *has* saved him, and *will* save him.



"It is by making your way *through* your experience that the reality of not being shaken can grow in you. With fear, the only way *past* it is *through*. And not just *through*, but *with* and *through*. If you can remember that God is with you as you feel your fear, a whole new level of connection to God is available to you."

(from *What Does Your Soul Love?*)

“Feeling your fear is key to moving through it. We spend all kinds of misdirected energy trying to hide from, push away, or numb our fears. That’s where we get into trouble as various addictions seek to keep our fears at bay.”

(from *What Does Your Soul Love?*)

You don't need to be fear-free in order to approach God.

“Our deep desire here is to give you a vision for not letting fear be the boss of you. There is a way forward, and it is in the strong, loving presence of God.”

(from *What Does Your Soul Love?*)

You don't need to be fear-free in order to approach God.

You have been fearful countless times in your past—for moments or seasons—and yet, here you are.

"When you find yourself standing at the precipice of a fearful experience, you can say to yourself, out loud, 'I have made it through everything I have ever done in my life, even the worst of it. God was with me then, and he will be with me now.'"

(from *What Does Your Soul Love?*)

⁵ As I was with Moses, so I will be with you; I will never leave you nor forsake you. ⁶ Be strong and courageous, because you will lead these people to inherit the land I swore to their ancestors to give them.

⁷ "Be strong and very courageous. Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or to the left, that you may be successful wherever you go. ⁸ Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.

⁹ Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

You aren't the first person who has needed to walk through their fear.

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Obedience and courageousness go hand-in-hand.

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**A BIBLE
THAT'S
FALLING
APART
USUALLY
BELONGS
TO SOMEONE
WHO ISN'T**

CHARLES SPURGEON

HOLY
BIBLE

“God also invites Joshua to obedience. He invites Joshua to stay in the good and true place of his counsel. Obedience is not merely dutiful subservience to an arbitrary rule. It is loving allegiance to the true way of a good King. We obey so that we might stay in the place and on the path that is vital, fruitful, and beneficial.”

(from *What Does Your Soul Love?*)

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Our courageous strength rests on the promise of the with-ness of God.

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Courage is not the absence of fear. Courage is strength in the face of fear.

“Often I make the mistake of thinking that courage means feeling no fear. Rather, courage is the ability to act in keeping with God’s counsel in the face of fearful realities. I may feel strong fear and act with genuine courage... Courage is acting in the face of my anxiety and fear.”

(from *What Does Your Soul Love?*)

"If there is no fear, why speak courage? If there is no anxiety, why speak peace? If there is no weakness, why speak strength? Weakness, insecurity, anxiety, or fear are never the ultimate reality. God's strength, confidence, peace, and love are. Transformation is the process of coming to live in these kingdom realities."

(from *What Does Your Soul Love?*)



There is *no*
fear in love.
But *perfect*
love drives
out fear

1 John 4:18

Being “made perfect” (*telos*) isn’t about being “100%” or without a single imperfection. It’s about wholeness. Completeness. Maturity.



Closing Reflections

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Are you trusting in God as your fortress, your stronghold, the rock you can stand on when fear shakes your life?

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In what ways do you try to hide from, push away, or numb your fears? Are any of those accommodations addictive in nature?

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Consider a time that you can recall when God steadied you, or someone who came before you, during a time of significant fear, worry, or concern.

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Invite the Spirit to help you grow a deeper sense of trust in the perfect love of God that can drive away our fears.

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