

## **Breaking Free From Worry and Fear!**

The opposite of faith is fear or worry. God hates worry, because it comes from the devil. God also knows that when one of His children are in a state of worry, He can't do for them what He desires.

**Matthew 6:30-31, 33-34 AMP** But if God so clothes the grass of the field, which today is alive and green and tomorrow is tossed into the furnace, will He not much more surely clothe you, O you of little faith?

[31] Therefore do not worry and be anxious, saying, What are we going to have to eat? or, What are we going to have to drink? or, What are we going to have to wear? [33] But seek (aim at and strive after) first of all His kingdom and His righteousness (His way of doing and being right), and then all these things taken together will be given you besides. [34] So do not worry or be anxious about tomorrow, for tomorrow will have worries and anxieties of its own. Sufficient for each day is its own trouble.

If we could suddenly know the thoughts of mankind like God knows them, we would see that millions of people on planet Earth live in torment everyday of their lives because of worry. So in this Newsletter we are going to help you understand how to be free from worry.

When babies are born, they are completely dependent upon grownups. They can't do anything without these people. Most small children have a few people in their lives that help them to be free from fear. These people are always there to care for the child. But let us think about a child growing up and having to take care of himself without the help of an adult. It's almost a natural thing to be in fear without a support base. Growing up is hard, because we can no longer live as a small child. 'We must make it on our own.' No! That last statement must be eliminated from our thoughts and speech. We are never alone! God is always there for anybody that will allow Him to be their support base.

There is a simple answer to stop worrying. We must never 'go it on our own'. We must build an intimate relationship with God through the Bible and the HolyGhost. I remember back in 1980 I started seeking God very aggressively. When I would wake up in the morning, I would get my Bible out and start studying it like I was studying for finals at school. As I prayed and studied my Bible hours a day, I noticed something happening to me; I was getting free from fear and worry! At times it was like I didn't have a care in the world. I know now what happened to me. I had replaced man's comfort and support with God's. Man can fail you, but not God.

God Himself has said (in **Hebrews 13:5 AMP**) I will not in any way fail you nor give you up nor leave you without support. I will not, I will not, I will not in any degree leave you helpless nor forsake nor let you down (relax My hold on you)! Assuredly not!

God says this in **1 Peter 5:6-7 KJV** Humble yourselves therefore under the mighty hand of God, that He may exalt you in due time: [7] Casting all your care upon Him; for He careth for you.

We have a God that will care for us and protect us, if we give Him our lives completely. Trust in Him, and you will see that He will not disappoint you.

Love you very much,

Pastor Paul