

Attacking Our Fear

by Basilea Schlink

By practicing dedication and faith, and by praying to God and meditating on His promises, we can overcome fear and receive help in times of anxiety and trouble.

Duration: 4:30

Scripture: Psalm 62:1, Psalm 138:7, Proverbs 3:5, Matthew 6:33, Luke 21:26

Topics: "Radio Show"

Description

In this sermon, Basilia Schlink addresses the prevalent emotion of fear in our times. She emphasizes that conquering fear is a matter of practice, specifically the practice of dedication and faith. Schlink shares her personal experience of being a fearful person and how God showed her a therapy for overcoming fear. She encourages listeners to practice turning to God immediately when fear arises, holding onto His promises and meditating on His word. Schlink concludes by reminding listeners to trust in God's faithfulness and to seek His help and guidance in times of trouble.

Transcript

God lives and works today. What a comfort and power and security this knowledge brings us. And yet, don't most of us know times when this knowledge seems to disintegrate because we are gripped by an inexplicable fear? Where can we get help to overcome fear? The answer is in today's meditation by Basilea Schlink called, Attacking Our Fear.

Fear is the emotion of our times. Yes, it rules mankind as never before. Jesus' words from Luke 21 verse 26 are coming true.

The courage of many people will falter because of the fearful fate that they see coming upon the earth. Our number one problem is how to cope with our fear. I found a way to cope with my fears, and perhaps it will comfort you to know that by nature I'm a very fearful person, and have often had to suffer because of it.

But God had a therapy for me. He showed me that conquering fear is a matter of practice. It is the practice of dedication and faith, and we have to begin practicing on time.

But what do I mean by practicing on time? When I began to be afraid about the coming day, instead of waiting till tomorrow, I prayed to the Lord immediately, holding up His promises like a banknote. For

example, I prayed the words of Psalm 138 verse 7, Though I walk in the midst of trouble, You preserve my life. Or the words of Psalm 62 verse 1, From Him comes my salvation.

It's all a matter of practicing on time. Let us often look to our Father in Heaven in our prayers of faith. Let us meditate on His promises for the difficult times that will come.

Let us make every effort to live according to His commandments so that God can manifest Himself as our God. Then we will receive help in our anxiety, and in the times of trouble, we will experience what we have believed. To Thee, Father, I surrender As my helper and advisor My whole self in all its need I will trust, though fears surround me And my cares pile up around me With no loophole for escape O my Father, Thou dost lead me From all danger Thou hast freed me Never left Thy child alone Like a Father, all-providing Wisely and in love deciding How to turn my loss to gain Yes, O Father, I can trust Thee Who dost help and deal so justly Firmly planned with Thy sure aid So I thank Thee now already For Thy promise sure and steady Cannot fail to come to pass God Bless You

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