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## Fear Busters

Our fears can run away with our emotions unless we take control of our thoughts. Here are eight practical tips for focusing our minds on God rather than on those situations that strike fear into our hearts. This list is adapted from *Moving From Fear to Freedom: A Woman's Guide to Peace in Every Situation* (Harvest House, 2007).

1. Write Scripture promises on three-by-five cards. Post them where you'll see them often – near the kitchen sink, on the bathroom mirror, beside your computer monitor, on the dashboard of your car, and of course, on your fridge! Doing this provides constant reminders that God is greater than any problem you'll face.
2. Memorize and meditate on Scripture. Ponder God's promises as you go about your daily tasks and as you fall asleep at night. Scripture renews our minds, replacing fear-filled thoughts with the truth of God's desire and ability to care for His kids.
3. Fill your home with praise and worship music. Did you know that many of the good ol' hymns were penned in the midst of incredible heartache and reflect an intimate understanding of the character of God? Most contemporary praise and worship songs do the same. Filling our homes with heavenly harmonies is a sure-fire way to banish fearful thoughts.
4. Seek silence in God's presence. I know it's difficult to do in the midst of a busy schedule, but the rewards far outweigh the effort. Take a few minutes several times a week to simply be still in His presence and listen for His voice. No prayer requests allowed.
5. Make an altar of remembrance to celebrate God's faithfulness. Collect ornaments as visual aids and place them on a decorator shelf to remind you of specific occasions when God protected or provided for your family, or when He answered a specific prayer. When fearful thoughts come, look at the items on the altar. Fears will falter and faith will be strengthened by remembering God's faithfulness in the past.
6. Take problems to the Lord rather than to a friend. It's easy and often automatic to grab the phone and call a friend when fear strikes. Reverse the order and call on God first. After all, He's the One who has the power to change your circumstances and calm your fears.
7. Talk to the Lord throughout the day. Invite Him into the mundane of life. Fears simply cannot take root in a mind that's fully aware of God's presence every moment of every day.
8. Read material that directs your thoughts toward God. Visit your church library. Subscribe to good Christian magazines. Forego literature that takes your mind to places far from Him.

Grace speaks at women's events internationally. Contact her at [www.gracefox.com](http://www.gracefox.com) or 604-755-8285 for more information.