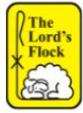


Overcoming Fear

(Overcoming Series Part 1)

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THE LORD'S FLOCK
GROW DIGEST

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Fear is a natural human experience; it will always be present. The best way to conquer fear is to surrender to God, allow Him to surprise us and convert us by His grace, and work miracles in our lives to make us miracles to others.

1. What motivates fear?

- 1.1. Uncertainty. After a particular action, we feel uncertain about what will happen; we think about the risks of success or failure. Moreover, we are unsure of our capability to meet our commitment.
- 1.2. Losing our sense of comfort. Understandably, we feel comfortable with what is familiar; we become rooted in an established situation. Stepping out of our comfort zone means confronting the unknown which may require risks.
- 1.3. Losing control. When things are out of our hands, there is naturally a fear of waiting, wondering what is going to happen.

2. How do we overcome fear?

Surrender all to God! Surrendering does not mean giving up.

- 2.1. Life is a constant process of learning. We must be open to learn.
 - 2.1.1. Sin can also be an incapacity to do something (sin of omission) or the unwillingness to learn or do something. Thus, by inaction, we allow evil to happen.
 - 2.1.2. The apostles who were imperfect people demonstrated willingness to learn. Peter changed his life for the Lord. On the other hand, Judas allowed pride to take root in his heart, and refused the grace of God to convert him.

- 2.2. Take a leap of FAITH over risks. Taking a jump into the unknown requires, prayer, reflection, listening to others and discernment.

- 2.3. Let God. When things are beyond our competency, then it is time to simply let God.

3. How do we overcome fear in the season of Lent?

We can reflect on the three (3) pillars of Lent in the context of overcoming fear through the following:

- 3.1 Charity begins with being kind to oneself (remove thoughts of brokenness, unworthiness) before we can begin to be kind to the people around us.
- 3.2 Prayer keeps us connected to the Lord. There may be "dead spots" in our lives, so we must find ways to stay connected to the source, who is the Lord. When we fear certain steps, let us allow God to take root and graces will flow in our lives.
- 3.3 Fasting is not just for food; it can also mean letting go of fears from our previous hurts. Likewise, we should let go of whatever may be holding us back from stepping out of the status quo and taking up new opportunities.

Conclusion:

Letting go of our fears and letting God perfectly demonstrates our trust in Him. Let us surrender to our God who can heal us. Only He can embrace our faults and toxicity once we learn to let go; He will purify our lives from the bad and transform us into life lessons to become wiser, stronger and effective witnesses.

Reflection:

1. What is your greatest fear today? Who can you talk to about your fear so you can take some actions?
2. What is holding you back from surrendering your fears to God?

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