

# Healing through overcoming fear

By Elise L. Moore, C.S.

Overcoming fear is the first step in effective prayer. Jesus often began his instructions to patients and disciples by telling them not to be afraid. Fear is lack of faith in God. So to overcome fear, we need to understand better the nature of God. When we learn more of the power of God, His government right now, fear fades.

The Psalms full of instructions praising God, teaching us about the goodness and greatness of God. This is why reading Psalms helps us pray more effectively. Fear is allayed.

Sometimes this takes much patience and love. Thought may be so agitated, angry or afraid that it can't even hear the truth being spoken audibly or mentally. That's why love overcomes fear. The Bible says, "There is no fear in love; but perfect love casteth out fear." (1 John 4:18)

It's not just the words of Psalms or other books of the Bible. It's love for God and love for man which breaks the mesmerism of fear. Divine love calms thought. It opens us to the true view of God as all-powerful. The greater the fear, then the greater must be our love.

I work as a chaplain at a homeless shelter in Nashville. There are so many instances of extreme fear.

One morning the director of the agency brought a woman into the office I was using. She was so upset, petrified with fear. It turns out she was not homeless by lived in an apartment building filled people with mental problems living on Social Security. Her best friend who lived across the hall has been taken away by the mental health authorities that morning. She was afraid they would come for her.

As she talked, I prayed to know what to say. The story of the rich man calling Jesus "Good Master" came to thought along with what Jesus told him, that God was good. The young man asked Jesus, "Good Master, what good thing shall I do,

that I may have eternal life?” To which Jesus replied, “Why callest thou me good? there is none good but one, that is, God.” (See Matthew 19:16-24)

So I told the woman, “There is a law of good operating in your life.”

It was an immediate show-stopper. She was amazed.

“What do you mean a law of good?” she asked.

So we talked a little about God. We looked at the story of Jesus saying God was good in Matthew. We also looked at the first chapter of Genesis where the Bible says seven times that what God created was good. In fact this passage ends with the inclusive statement, “And God saw everything that he had made, and, behold, it was very good.” (Genesis 1:31)

As we talked about the nature of God, her fear evaporated. She became peaceful. This was not some hollow promise or simply reassurance that all would be well. Understanding even a little more about the presence and power of God places us firmly on a spiritual foundation. This is the power of God at work in our lives.

As she was about to leave, she asked for a pencil and paper to write down a few words. She said, “I don’t want to forget this.” She wrote down only three words – God is good. The she left.

More than three months later, I was working with a client in the waiting room of the homeless agency. When I rose to move on, a woman approached me and asked if I didn’t recognize her. No, not really. It was this woman. She looked different. She said she had been feeling fine since the day we talked. He life was going well. Good was going on in her life, and she had come to tell me. Overcoming fear enables the power of God to transform lives.

Published in: *Nashville Metropolitan Times October 22, 1996*  
*Gallatin News Examiner October , 1996*