

In the book called “Soul Care,” three primary themes regarding the concept of overcoming fear had caught my attention and has had a positive impact upon myself. The first is slowing down the pace of our lives by surrendering to the Lord and worshipping him. (Reimer 197-199). Dr. Rob Reimer states that “Worship will get our eyes off our fearful circumstances and onto God.” (Reimer 196). The vast majority of our lives is spent not in church, however that does not mean that we cannot worship the Lord in our own homes, in our workplaces, in the park, etc., during our spare time.

This is important to do so that we do not forget about placing the Lord in the center of our lives. This helps us to establish a healthy rhythm of worship that gets rid of our fear. He additionally asserts that “Peace is often a by-product of a fully surrendered heart. It is the simplicity of trust, and the sweetness of surrender, that leads us to peace in the inmost place.” (Reimer 199). This signifies that rather than taking care of our own problems in our own lives, we should lift them up to God so that we may gain inner peace in Christ through the demonstration of our trust and faith in the Lord.

The second way to overcome fear is through feeling the Lord’s presence. (Reimer 197). As the author states, “Most life change occurs along with God. We can fix our eyes on Jesus or we can fix our eyes on our problems, but we cannot fix our eyes on both.” (Reimer 198). This means that in order to overcome fear, we as believers in Christ must focus on Christ and Christ alone. This seems very self-explanatory and easy to apply in our lives. Nevertheless, it is much more challenging that it seems at first when the life of a believer becomes chaotic with worries, fears, and insecurities. The believer then attempts to find a solution by rationalizing the dilemma away. Therefore, as an inevitable result, we forget or dismiss the Lord’s help while trying to solve the issue through our own limited intellect and power. Although many of us desire for

peace within our lives, we cannot truly attain it without our Heavenly Father and his Son. Dr. Rob Reimer asserts, "Peace is a by-product of fixing your mind on Jesus. He is at perfect peace in his throne room today; if you can get your eyes on Immanuel, God's presence can impart peace to your souls." (Reimer 198). Nonetheless, before we can feel the inner peace, we need to overcome our fears. This requires the believer to "Feel the pain and let His love, His presence, and His victory bring" him or her reassurance. (Reimer 198). "This is redemptive suffering: He heals us when we embrace the suffering and do not seek to numb it out." (Reimer 198-199).

The third and final theme and method to overcome fear is action. (Reimer 199-200). However, in order to take action, one must first have courage. Dr. Rob Reimer states that "Courage is not the absence of fear; courage is doing what is right in the face of fear. You may be fearful of rejection, and you may therefore be terrified of conflict, but you do not get a pass." (Reimer 200). In other words, as believers in Christ we must handle conflicts in a Godly manner. Being avoidant or passive aggressive when it comes to conflicts does not honor the Lord. (Reimer 200).

We must be direct and address the issue with grace, patience, and love. We must face down our own giants and be like young David whether the giant is a coworker a Christian does not get along with, fears, worries, insecurities, doubts about the Christian faith, or addictive sin patterns such as lust, anger, drugs, etc. We must not be afraid when we are trying to walk with Jesus Christ as Peter was afraid when he was walking on water towards Jesus as he gazed at the storm, lightning, and waves in Matthew 14. With the Lord on our side, there is nothing that we cannot overcome or accomplish.

These primary points of overcoming fear hold great relevance to my present ministry as a children's pastor and my anticipated ministry as a future youth group pastor. Regardless of the

Not at all—___%