

FOR GOD HAS NOT GIVEN US A SPIRIT OF FEAR, BUT OF LOVE AND OF POWER AND OF A SOUND MIND.

II Timothy 1:7

We live in an age of fear. War with Iran. Finances. Terrorism. Rising Gas Prices. Recession. The list is endless.

Whenever you see FEAR, the Spirit of God is not there.

"The wicked flee when no one pursues them, but the righteous are as bold as a lion." Cocaine and Meth Tweaker stories...full of fear.

Fear of bad health can cause us to not enjoy the health we have. Fear of death can cause us to never fully live and enjoy the moment.

LIFE IS REAL. LIFE IS EARNEST AND THE GRAVE IS NOT ITS GOAL. DUST TO DUST AND ASH TO ASHES WAS NOT SPOKEN OF THE SOUL.

Courage is fear that has said its prayers. You do not have to fear anything or anyone.

A person who fears dies a thousand deaths but a person with courage dies only once. God can give you courage.

STOP being a VICTIM today. Stand up on the inside with power of the Holy Spirit. Talk about upcoming workshop on Trauma, PTSD, and Addiction.

Even a HUGE trauma history does not have to make you a victim forever.

Constantly say out loud to yourself and inwardly to yourself "God is with me helping me. I am not alone."

Persons who know they are loved naturally love other people. Wherever love is, God is. God is the source of all love and the source of all that is good. You can experience heaven on earth.

DSM V is being constructed at this very moment...tried to relate a mental health diagnosis that combined an anxiety disorder with a depressive disorder. It got too complicated so they had to stop that line of pursuit.

Fear and anxiety and depression all interact to make a witches brew that harms inward love and inner power and a sound mind. Love is a decision. You made a decision for love and power and a sound mind by coming here today to worship God. Love is a decision you and I make each day.

Two weeks ago I was white water rafting on the Salmon River in Idaho. Our guide was trying to scare us by have us come up behind a submerged boulder. The water surge downstream of the boulder caused the front of the raft to go under the water and let everyone know the thrill of living on the edge. I grew up on rivers and lakes and after the second time he did this I thought "enough, enough." He had to do it one more time. The raft turned sideways. The guide jumped out to keep the raft from over- turning and a huge wave swept me out of the boat. A strong 6 foot 4 inch friend with us, John Zibel, from Holton, saw this happen, reached down, grabbed my life jacket. He jerked me out of the water with such force that I landed totally on top of him in the raft. I was saved. Do you feel like you have gone overboard in life today and the current is sweeping you away? Jobs, circumstances, mental health disorders, relationships, finances, health, and addictions can push us all over the edge. Every day we have to remind ourselves...GOD HAS NOT GIVEN US A SPIRIT OF FEAR, BUT OF LOVE AND OF POWER AND OF A SOUND MIND. Reach out to God. Become a victim no

more. Change from being a victim to a Victor today and every day.