

Good mental Health

What's holding us back / fear and decision making

We can be a powerful paralyzer, getting in the way of big decisions and even everyday life. It can be a wreck in works when it comes to good mental and emotional health.

We see examples of several kinds of fears in scripture and how people were faced with daunting decisions despite this fear. In God and through diligence in godly living we see a way through the fear.

Fear of failure

Joshua is repeated told by God to be strong and courageous. It is two bookend statements and in between we read why. It seems He had the hopes of a nation on him and his fear was failing in this momentous task before him not in dying or fighting in the many battles ahead.

Be strong and of a good courage: for unto this people shalt thou divide for an inheritance the land, which I swore unto their fathers to give them. Only be thou strong and very courageous... Joshua 1:6-7 2.

Fear of people

Proverbs are generally true statements not absolute fact. However, when we make decisions because we fear someone else then people will inevitably have cause to lie, cheat, and make other ethically compromising decisions. When we trust in the lord it is always better spiritually and emotionally.

The fear of man bringeth a snare: but whoso putteth his trust in the Lord shall be safe. Proverbs 29:25

Fear of unhappiness

When we think about happiness generally what we are saying is we want to be content, we want to have purpose, we want to be free of daily worry. John 10 Jesus states that we might have life more abundantly.

The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly. John 10:10-11

Fear of the past

This verse describes looking to the future with some very interesting adjectives such as reaching forth and pressing towards. Verbs that imply effort and motivation.

Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus. Philippians 3:13-14

Fear of the unknowns

This is such a direct clear statement to help us with our fear of the unknown. If we don't know how then we ask God to show us how. He gives it freely, but we must ask in faith in other words without fear.

If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him. But let him ask in faith, nothing wavering. For he that wavereth is like a wave of the sea driven with the wind and tossed... James 1:5-8

Fear of the future

When we say we are afraid of what the future hold what we commonly feel is worry or anxiety. But we are wasting our precious time when we do. When we plan out of fear then we plan in faithlessness.

...Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof. Matthew 6:30-34

Fear of irrational things

People are often embarrassed and even ashamed to admit phobias or irrational fears, but it can be just as debilitating as the "big" fears. We must deal with it and acknowledge that it can be overcome.

And let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful. Colossians 3:15

Overcoming fear

Rejoice daily over what Christ has done for you on the cross (Phil 4:4)

Think rightly about God, especially His sovereignty, wisdom and goodness (Ecc 7:14)

Foster a habit of Christian joy and thankfulness (1 Thess 5:18)

Enjoy the good gifts God has given you (Ecc 5:18)

Live one day at a time. Don't try to spend today's grace on tomorrow problems (Matt 6:34)