



Just A Minute *With Scripture*

What is Fear and Do We Have Control?

Fear is a strong emotion and an automatic bodily function given by God. It acts as a flag of potential danger, pain, or a threat, and is designed to be a safeguard to make wise adjustments. Fear can be triggered by something physical or even just a thought or expectation. It is also associated with uneasiness, apprehension, dread, or fright. At times there's a real threat, while at other times it's exaggerated, or a vain imagination. We're responsible to evaluate/weigh the danger for a proper response.

Emotions can be a help, but also trigger fear walls and negative patterns, catastrophizing, and overreacting, which can immobilize saints from living as who they are in Christ. This fear is unproductive and not of God: *"For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind."* (II Tim. 1:7) Fear can be overwhelming, and if we respond to it in the flesh rather than the spirit, anxiety results, being full of the cares of this world, with a hyper-focus on self. Interrupt this cycle!

Philippians 4 teaches that we do have control when led by the Spirit: *"Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God."* (vs. 6) Paul also relays the result if we do this: *"And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus."* (vs. 7) Paul then tells us some things *"to think on"* in verse 8 and things *"to do"* in verse 9. Read *Philippians 4* for yourself, then do it.

Face your fear & make a plan: 1) Know your responsibility in a situation and be properly motivated to live your role as an ambassador-servant in a given situation. 2) Press toward the mark, walking through your fear walls as you negotiate challenges. 3) Make godly decisions based on the doctrine in your inner man, led by the Spirit. (Rom 8:14)

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Feel free to call if you have questions with any articles.

Share the Truth!

Our great privilege is to hold forth the Word of life: *"Christ died for our sins...was buried, and that he rose again the third day according to the scriptures."* (I Cor. 15:3-4)

Godly love and preferring others above our selves would set aside our fears to tell others about Christ Jesus, knowing their dilemma is that they deserve God's wrath and are without hope. They need Him!

Study Devotional of the Book of Galatians



Verses this Month: *Galatians 5:13-14*

“For, brethren, ye have been called unto liberty; only use not liberty for an occasion to the flesh, but by love serve one another. For all the law is fulfilled in one word, even in this; Thou shalt love thy neighbour as thyself.”

1. Define the word, “liberty” in this context. *Galatians 2:4 & 5:1* may help.
2. How is the Body of Christ “called unto liberty?” Explain this phrase as it relates to your walk. Give examples of what it would look like in your life.
3. There are many opportunities to give “an occasion to the flesh,” living in

this present evil world. Explain.

4. Serving others “by love” is the instruction given to us here. Can you name a few examples of how the Lord Jesus Christ served in love, and also the Apostle Paul? How can you do this?
5. Explain how “the law is fulfilled in one word” when there were over 600 Mosaic laws in the Old Testament.
6. Do you really love yourself? How is this shown in your life/thinking? Once you realize this love, how does it help you to understand how to serve and love others in the Body in the same way? Think about specific examples.

“...Faith which worketh by love.” Galatians 5:6

Questions & Answers With Deborah

Question: I am overwhelmed with so much on my mind. What can I do?

These days many become swamped with the things of this life. As a Life Coach, I encourage others to keep a balance and strong, healthy boundaries to take care of themselves, enabling them to have the time, energy and resources to fulfill their daily life obligations, but especially able, on God’s behalf, to be a servant-ambassador: *“That every one of you should know how to possess his vessel in sanctification and honour.”* (II Thess. 4:4) It’s easy to let our guard down to fall into ‘mind overload’ and Satan’s devices.

The American culture is in a frenzied hyperdrive, focused on ‘doing more’ and ‘knowing new bits of data.’ (I Cor. 8:1) This is self-exalting, while being exhausting. Any of us can be caught in this cycle, including this life coach. Be circumspect and mind spiritual things.

How to proceed if you are overwhelmed:
1) Clear your schedule, then take stock of where you are to focus above. All answers are found in Scripture, but it may seem a daunting task when you are on overload, so seek help. (Continued)

Will Fear Inhibit Your Walk?

Fear is an instinctive emotion that becomes exalted as a priority in our mind until some type of resolve occurs. This can profoundly affect our motivation, walk, and ministry. The question is, will it rule us? As we have seen, we do have a choice. The flesh is strong and easily influenced by Satan, yet the Spirit will lead as we yield, forming Christ in us. (Rom. 8:14) We are instructed: *“That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts; And be renewed in the spirit of your mind; And that ye put on the new man, which after God is created in righteousness and true holiness.”* (Eph. 4:22-24) Wisdom would encourage us to stay in the Word and to meditate upon it.

As ambassadors in a world visibly waxing worse and worse, with evil men and seducers running rampant (II Tim. 3:13), we are to recall some things to be a good minister of Christ: *“...nourished up in the words of faith and of good doctrine, whereunto thou has attained.”* (I Tim. 4:6) Focus not on the things of this world, nor the physical things or problems, but rather on spiritual things, like what Christ, through Paul, has taught to us in II Corinthians 4:16-18. *“For which cause we faint not: but though our outward man perish, yet the inward man is renewed day by day.”* (vs. 16) We are not to *“be weary in well doing”* (Gal. 6:9), which is a tired reluctance to walk by faith in the Spirit as we are regularly bombarded with challenges.

Instead, allow God to rule within you and see things, even your emotions and fear, as He does: *“For our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory.”* (vs.17) The problems are “light,” and enduring the challenges are “but for a moment” in an eternal perspective: *“While we look not at the things which are seen, but at the things which are not seen: for the things which are seen are temporal; but the things which are not seen are eternal.”* (vs. 18)



Is Our Time and Life Really Ours?

A few questions to ponder: Are you in the very center of life or is God? Do you squeeze Him into your 'to do's' or is He driving everything? Depending on how you answer these determines the last question: Is your time and life really yours or God's?

The culture today is 'busy, busy, busy.' So many 'things' take up our time and resources (energy, money, and affections) that there is little left for God and His will. Take a moment to reflect upon this in your own life. Is this happening to you? If it is, what would faith and wisdom say to do? Truly think on this!

It is easy to be lulled to sleep, yet Paul says, *"And that knowing the time, that now it is high time to awake out of sleep: for now is our salvation nearer than when we believed...But put ye on the Lord Jesus Christ, and make not provision for the flesh, to fulfil the lusts thereof."* (Rom. 13:11,14) It may feel a bit scary.

The verses state we're to wake up! Stop allowing Satan and the course of this world to interfere with God and His will working in you. The flesh will resist, yet as a good soldier we are given our marching orders to go forward: *"I press toward the mark for the prize of the high calling of God in Christ Jesus."* (Phil. 3:14)

Regular reflection and readjustment is imperative until you go home to be with the Lord. Be self-observant and watch, making no opportunity for the flesh: *"See then that ye walk circumspectly, not as fools, but as wise. Redeeming the time, because the days are evil. Wherefore be ye not unwise, but understanding what the will of the Lord is."* (Ephesians 5:15-17) We do not have to stay in fear, rather walk by faith trusting God. Amen!

Questions & Answers With Deborah

(Continued)

2) It is Christ's work in you. (Gal. 2:20) Avoid putting yourself under the law. You can't do this alone; a godly life is designed to be God working the doctrine within you. You will need to access just the right bit of wisdom for your situation and then apply it properly. Even if you have read the Bible and study Paul's epistles, you're unable, weak, and need God. The Spirit does this work, helping you: *"Casting down imaginations, and every high thing that exalteth itself against the knowledge of God and bringing into captivity every thought to the obedience of Christ."* (II Cor 10:5) Readjusting to God's way is impossible in the flesh. As you're enabled to think with His mind, do you know how to put it in place?

3) A few key insights: As the Spirit teaches your inner man, ask yourself: Am I really listening? At first, this may seem absurd, as we all know God does not speak audibly today in this dispensation of grace. However, you are to hear and attend to the Spirit's instruction. (Rom. 10:17) Oftentimes this is subtle, so you need to quiet yourself to be able to listen and consider what God brings to mind. The Spirit stirs verses related to your situation for application.

The process is not perfect, because you are apprenticing, learning how to carefully hear God to make wise decisions. There is sin in the flesh, Satan's devices, and the course of this world. So you are learning to set the flesh aside to acquire insight to live the doctrine. Expect that you'll make mistakes, even when led by the Spirit. (Rom. 8:14) It's NOT failure, but an opportunity to grow to see what works and what does not to make wise decisions. Adjust, then apply verses again in new ways to mature in the difficulty or challenge of the day.

4) Consider watching a few videos. These may help in applying the Word:

a) LTF: How the Word is activated in us: https://youtube.com/playlist?list=PLW_ZldaNFY0T-I4IhbkC_DIP8OQYQqBpZ

b) How to Grow/Live After the Spirit: https://youtube.com/playlist?list=PLW_ZldaNFY0SHCqODHBY1jI8g5oK1bBc9



What is to be Our Attitude?

Take a moment to consider this: “1) *Let this mind be in you, which was also in Christ Jesus: Who, being in the form of God, thought it not robbery to be equal with God:* 2) *But made himself of no reputation, and took upon him the form of a servant, and was made in the likeness of men:* 3) *And being found in fashion as a man, he humbled himself, and became obedient unto death, even the death of the cross.* 4) *Wherefore, God also hath highly exalted him, and given him a name which is above every name.*” (Philippians 2:5-9)

- 1) **We are instructed to follow Paul (I Cor. 11:1) as he followed Christ:** We have a new identity in Christ and are to acquire His mind. As we read, think on, and apply sound doctrine, we become fully persuaded and confident to walk by faith. Christ is formed in us (Rom 6:17), we are conformed to Christ’s image (Rom.8:29), and we develop the mind of Christ. (I Cor. 2:16) These things enable us to follow Christ.
- 2) **We also can be a living sacrifice (Romans 12:1), and a faithful servant, as was Paul:** As we are led by the Spirit, (Romans 8:14) He teaches us to endure sufferings: “For unto you it is given in the behalf of Christ, not only to believe on him, but also to suffer for his sake.” (Phil. 1:29) Set the flesh aside, even through life’s affliction.
- 3) **We’re also to be ready, even to suffer unto death, learning by the Word to die to ourselves as we mature and live Christ as an adult son or daughter:** God has left us here for a purpose, that is, “Who will have all men to be saved, and to come unto the knowledge of the truth.” (I Tim. 2:4) He desires for us to be prepared and ready to function on earth in His stead, as His ambassadors and servants. (II Cor. 5:20) Some of us may experience turmoil, or grievous persecution, even unto death. (Rom. 8:35, II Cor. 4:10-11) Yet it’s God and His work that enables us.
- 4) **The eternal result:** As Christ was exalted and given all things, we will also experience great rewards as we walk by faith through this life. (I Cor. 3:14) We also will be given responsibilities and a heavenly position that is perfectly designed for us individually and our maturity in Christ. (II Cor. 5:10) This is all a part of our grand hope.

*Note: “We are troubled on every side, yet not distressed; we are perplexed, but not in despair; Persecuted, but not forsaken; cast down, but not destroyed: (II Cor 4:8-9) As we have Christ’s mind, even sufferings can be seen from an eternal perspective: as “light afflictions,” which are “but for a moment,” focusing above and living as who we are in Christ, approved of God. **Think on this.**

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Note: For all Publications the King James Bible is used. Verses may be made bold or numbered for emphasis.

