

MIND *body* spirit

THE MIND, BODY, AND SPIRIT ARE INTIMATELY CONNECTED.

Because unhealthy thoughts and emotions can create a vicious cycle that leads to unhealthy physical patterns, we can choose a victorious path that includes a positive, healing, uplifting spiral. By mixing the ingredients of attitude and action, we can change the flavor of our own lives. Learn to nurture your body and soul to lead a more balanced life.

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Goodbye, Fear; Hello, Faith!

By: Michon McCorkle

AS A CHRISTIAN COUNSELOR, many of my clients suffer from fear in some form or another. In clinical terms, fear is also known as anxiety. However, unhealthy and excessive anxiety are what often lead to panic attacks and insomnia. Sadly, living in excessive fear can steal opportunities and inner peace, destroy relationships, and hinder your ability to move forward in life. To be fair, fear is a natural emotion and gift that everyone experiences. "Healthy" fear is an internal indicator that causes us to examine our situations and plans for the future as it relates to health, family, career, and finances. When making plans, you should ask yourself, "Are my decisions driven by fear or faith?" Usually, a faith-based decision is wrapped in peace while a fear-based decision is wrapped in confusion and stress. The irony is that what we fear most almost never happens because life has an interesting way of working out.

I recently read a quote: "Fear and faith are similar because both believe in something that has not yet happened." However, the differences are that fear relies on your own strength and ability to control your

circumstances, and faith relies on God's strength working through you. Fear is believing lies about yourself, people, and circumstances. Faith is believing the truth about yourself and circumstances. Fear says that you will never measure up and it will never work out. Faith says that with God you are more than enough, you have everything you need, and everything will work together for your good.

A common topic for Christians in therapy is believing the truth (faith) or believing the lie (fear). Almost always, the part of us that believes the lie was born out of feelings of rejection, abandonment, loss, or a traumatic event. As a result, fear becomes a longtime companion and saying goodbye doesn't happen instantly or automatically. Saying *goodbye to fear* and *hello to faith* is a huge leap that requires practice. Saying goodbye to fear must be a deliberate effort to face things that scare you. The good news is that overcoming fear develops spiritual maturity and growth. This process will put you on a path to endless possibilities, the discovery of talents, and the inner strength you never knew existed.

CONSIDER THE FOLLOWING STRATEGIES FOR A FAITH-FILLED LIFE:

- 1. Journal.** List opportunities missed because of fear, then make a new list of goals.
- 2. Replace "lies" with truths.** Use positive affirmations and scripture daily.
- 3. Focus on the positives.** Be thankful for what you have instead of focusing on what you don't.
- 4. Nurture your faith.** Pray and meditate; remember your past victories when feeling discouraged.
- 5. Surround yourself with positive people.** Find an accountability partner.
- 6. Surrender control.** Let go and let things develop in their own way and time.
- 7. Ask for help.** Seek a therapist to help uncover the source of your fear.



Michon McCorkle is the owner of Family Matters Counseling in Cornelius. She is a licensed marriage and family therapist that specializes in Christ-centered therapy for individuals, couples and families. For more information visit www.family-matterscounseling.com, or call 704.255.5077.