

## Freedom in Christ Brings Freedom from Fear

A Christian's fear, like that of anyone else, is associated with anxiety and stress in daily life. However, these emotions which seem to be a natural reaction to every day events, are in fact often deeply rooted within our souls. As a way of getting down to the roots, try asking yourself next time you are anxious, "What am I really afraid of?" Then match the truth of the Word of God to your deepest fear and expect to see that fear released.

As Jesus said, "Do not be afraid, only believe" (Mk 5:36). It is rarely that simple! Nevertheless, real freedom in Christ comes to us through learning how to trust God and His Word above all else. Believing is meant to be the active power in the new life offered through Jesus Christ. But we do not try to force our faith to grow—we learn to look to Jesus and through what we see in Him our faith is ignited! A critical issue in defeating fear and overcoming anxiety is therefore, learning how to believe God's Word with a heart of faith—remember that Jesus is both the Written and the Living Word of God. "But these are written that you may believe that Jesus is the Christ, the Son of God, and that believing you may have life in His name" (Jn 20:31). The life that the Apostle John means is much more than mere existence down here and is not limited to heaven alone. This life is known as the abundant life and it is a quality of life that experiences daily joy, peace and love.

Freedom in Christ provides freedom from fear by overcoming anxiety. Christian's fear is a deadly emotion that contradicts and wars against the healing and health that are available through Jesus Christ. Fear and anxiety are deadly emotions. These emotions are proven scientifically to cause chemical changes in the body, changes that negatively affect the organs, muscles and cells. And yet God has given us many antidotes. For instance, there is a joy that comes through Jesus Christ that will bring even laughter to your life—and laughter works like a "medicine" (Pr 17:22). The peace of God truly passes all understanding and defeats anxiety and stress related illnesses—but there are definite ways we need to learn to cooperate with this new life. Being united by an active faith with the truth of God will automatically produce joy in you.

The abundant life offers freedom in Christ, freedom from sinful emotional states such as despair, anger and fear. The joy that is experienced through the Holy Spirit deals with unbelief that brings Christian's fear and anxiety. Circumstances, feelings and natural understanding may be shouting out to you that God's Word can't be true or His love, presence and power cannot be real. Unbelief is a stronghold from the enemy which has deep hidden roots into the heart. Unless it is recognized and released, it can bring Christians fear, anxiety and stress. Learn to grow your believing in God into trusting in God in order to experience the freedom of Christ. Health and healing, freedom from fear and overcoming anxiety are all byproducts of the casting ALL of our cares on Him! You can experience the freedom associated with this abundant life by choosing to believe the Word of God above all circumstances and conflicting emotions. There is no need to be held captive by Christian fear, anxiety, and stress; you can experience freedom from these negative emotions as well as freedom from any sicknesses that they may have caused. Freedom in Christ brings freedom from fear and sickness.

### About the Author

For a better understanding and more help, please visit [overcoming fear](#) and [healing stress](#).

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