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Have you ever faced a situation that seemed beyond your control? Maybe you were overwhelmed by financial circumstances, or you were faced with the pressure to carry out something that seemed impossible to do? Did you feel that the only option you had was to give up or to ignore it? Situations like these introduce uncertainty into our lives and can tempt us to fear. But fear is the enemy that can seal our failure in situations.

Proverbs 29:25:

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

“The fear of man bringeth a snare....” Like a snare, fear can grab us in our minds and trap us. It can cause us to feel as if we have nowhere to go for help. It can stop us from moving ahead. It can keep us from being the men and women that God has enabled us to be. Fear is the basic cause for any defeat and failure in a man’s or a woman’s life...BUT there is a way to live free from fear: we can put our trust in God! “...Whoso putteth his trust in the Lord shall be safe.”

Our God is trustworthy, and He will deliver us from fear.

Psalms 34:4:

I sought the Lord, and he heard me, and delivered me from all my fears.

If we are tempted to fear in any situation of life, we can turn our attention to the One Who delivers us from fear. We can seek Him by seeking His wonderful Word, which provides us with solid answers we can rely on to be victorious. As we find answers in His Word, we can place our complete trust in Him by putting that Word in our minds and holding fast to it.

No matter how tense our situation might be—how pressurized, how full of negatives, how dark—it is possible to live above fear. Because fear happens in the mind, we can overcome fear by learning how to control our thoughts. It is a matter of the will. We simply choose to renew our minds to the light of God’s Word.

Romans 12:2:

And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

Rather than being conformed to the negatives of this world, we can be “transformed.” “Transformed” is from the Greek word *metamorphoō*, meaning “to transfigure.” We can change the form of our mind. Like the metamorphosis of the caterpillar to the butterfly, the mind can be transfigured. We can each fashion our mind into a beautiful new figure as we put on God’s Word. We put the Word in mind and decide to think and act according to the truth of that Word.

Thoughts that are held in the mind and believed have a powerful effect on a person’s life, as recorded in John 6:63, where Jesus Christ said, “...the words that I speak unto you, *they* are spirit, and *they* are life.” To renew, or change, the mind, we must feed the mind with the proper thoughts. This involves replacing negative thoughts with positive thoughts from God’s Word.

II Corinthians 10:5:

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.

We can lead every thought captive to the Word of God. As we do, our lives change for the better from the inside out. A simple exercise to do this is to replace any negative thought with three positive, Word-filled thoughts. Try it! You will see yourself transformed from fear to freedom by rooting God’s solid solutions into your heart and life.

II Timothy 1:7:

For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

God is not the source of fear. God is the source of power and of love and of a sound mind, and we can claim that in our lives. In our day-by-day living, we can make up our minds to not be trapped by fear but to put our wholehearted trust in God and His Word. As we seek the Lord by finding our answers in His Word and renewing our minds, we know God will back up His Word and bring us the deliverance. Yes, we can live free from fear!

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