



Inspire

Just Be...**COURAGEOUS!**

Courageous When There is so Much to Fear

If ever fear was a problem in our world, it is now. There is so much to be afraid of—more so than even 6 months ago. There is a phobia (or fear) for almost anything that we can encounter. For example did you know koumpounophobia is the fear of buttons on clothing. To be honest, buttons are probably one of the least frightening thing I face in my day. Can you match the following phobias to what they mean?

Phobia

1. Acrophobia
2. Aerophobia
3. Aquaphobia
4. Arachnophobia
5. Atychiphobia
6. Claustrophobia
7. Cynophobia
8. Glossophobia
9. Ophidophobia
10. Trypanophobia

Fear Of

- A. Dogs
- B. Failure
- C. Flying
- D. Heights
- E. Injections
- F. Public Speaking
- G. Small, enclosed spaces
- H. Snakes
- I. Spiders
- J. Water

In the era of COVID-19, it isn't surprising if you are experiencing mysophobia (the fear of germs and dirt), enochlophobia (the fear of crowds), metathesiophobia (fear of change), xenophobia (the fear of the unknown) or panophobia (the fear of everything).

The command "Fear Not" or "do not be afraid" is the most repeated command in the Bible. Max Lucado wrote, "The presence of fear does not mean you have no faith. Fear visits everyone. But make fear a visitor and not a resident." We can be courageous when we "Focus on Christ instead of your fears, and your fears will begin to fade" (Billy Graham).



Answers: 1-D, 2-C, 3-J, 4-I, 5-B, 6-G, 7-A, 8-F, 9-H, 10-E

INSPIRATIONAL IDEAS from the Territory

Anchorage, AK WM have had 2 parking lot picnics where they parked their cars in a circle, brought their own picnic dinner, and sat behind, in and on top of their cars and visited. They concluded with a time of prayer.

Coeur d'Alene Kroc, ID started a new WM group; *Breathe Easier* is a short-term service sewing team that sewed thousands of masks for the community and the Kootenai Indian Nation.

Helena, MT's group, *Ladies and Lattes*, have still been able to meet weekly. They are reading the book "Anxious for Nothing" by Max Lucado as a source of discussion as they enjoy their coffee together.

Keake, AK hosted a women's tea on Zoom, delivering a "Tea Box" with goodies and materials ahead of time. They have also been using one of the Bible studies from caring Magazine (that are totally free! And could be shared with your WM without breaking copyright laws: <https://caringmagazine.org/product-category/bible-studies/>)

KalisPELL, MT sent resources to the ladies for a "Stay-At-Home-Tea." Check out our website for details: <https://usw-womensministries.org/program-idea-stay-at-home-tea/>

Ketchikan, AK has been using the various fruit of the Spirit as their weekly themes.

Seattle Temple, WA has been having "porch sessions" with some of the women. Major Amy Reardon invites some of the ladies to her porch for coffee and a chat while social distancing.

Commissioner Colleen Riley—Territorial President of Women's Ministries
 Colonel Donna Igleheart—Territorial Secretary for Women's Ministries
 Major Beth Desplancke—Territorial Women's Ministries Program Secretary

Be sure to check out our website for more resources: <https://usw-womensministries.org/>

When I Am Afraid

2020 has been an interesting year. Most of us have had to deal with fear more than we usually do. No longer is there just the normal fears of every day life, but now we have COVID-19 lurking like an invisible predator ready to destroy. Add murder hornets, coin shortage, weird weather events and all the other things happening, and it is no wonder we are fearful.

Fear is part of being human. In Psalm 56, David writes about a time when he was afraid. This is one of the psalms where we know the occasion for writing. The inscription tells us that it is “when the Philistines had seized him in Gath,” and the events can be found in 1 Samuel 21:10-15.

David says in verse 3, ***When I am afraid.*** It doesn't say if, it says when. Fear is part of being human. I think of David as being a big, strong man. He is a warrior. As a boy he was unafraid of wild animals while watching his sheep, and he was unafraid to stand up to the giant Goliath, when all of Israel's army was cowering in fear. This is David who said in 1 Samuel 17:36-37, ***Your servant has killed both lion and the bear; this uncircumcised Philistine will be like one of them, because he has defied the armies of the living God. The Lord who rescued me from the paw of the lion and the paw of the bear will rescue me from the hand of this Philistine.***

This same David is now admitting he is afraid. He doesn't run and hide in fear. His fear doesn't lead to worry in panic. David calms his fear by placing his trust in God. David trusts in God's character and in His Word: ***In God, whose word I praise—in God I trust and am not afraid. What can mere mortals do to me (v. 4)?***

David realizes and recognizes that God is bigger, greater and more powerful than anyone or anything he faces. Author Kristen Wetherell writes, “He knows that fear is a stubborn, persistent enemy of the human heart; and he also knows that the only realistic and effective way to fight fear is to continually put his trust in God.” We fight fear with an even greater fear: the fear of the Lord.

Earlier in Psalm 34:4 David declares, ***I sought the Lord, and he answered me; he delivered me from all my fears.*** Author, FB Meyer, writes: “God incarnate is the end of fear; and the heart that realizes that he is in the midst... will be quiet in the midst of alarm.” We need not fear, because we have a trustworthy God that with us through the fearful times.

David knew without a doubt that God was trustworthy. In verse 8, he acknowledges that even the tears David shed didn't go unnoticed by God. Nothing we experience is insignificant to God. David knew that God was the source to turn to for help in fearful times (v.9) and he confidently declared, ***By this I will know that God is for me.*** David was certain that God would help him and that God was for him and not against him. Paul writes a similar promise in Romans 8:31, ***What then, shall we say in response to these things? If God is for us, who can be against us?*** The answer is no one! Therefore we need not fear anyone or anything, for God is for us!

There is a song by Zach Williams that calls fear for what it is: *Fear, he is a liar. He will take your breath, stop you in your steps. Fear he is a liar. He will rob your rest, steal your happiness. Cast your fear in the fire, 'cause fear he is a liar.* (check out the song: <https://www.youtube.com/watch?v=1srs1YoTVzs>)

We need not listen to the lies of fear. In the words of John Newton, who penned the hymn *Amazing Grace*, “If the Lord be with us, we have no cause of fear. His eye is upon us, His arm over us, His ear open to our prayer—His grace sufficient, His promise unchangeable.” Christian author Max Lucado reminds us, “The presence of fear does not mean you have no faith. Fear visits everyone. But make your fear a visitor and not a resident.”

31 Days of No Fear

Spend the month of October reading and meditating on what God's Word has to say about why we need not fear.

1. Deuteronomy 31:1-8
2. Joshua 1:6-9
3. 2 Chronicles 20:1-21
4. Psalm 23:1-6
5. Psalm 27:1-14
6. Psalm 34:1-8
7. Psalm 46:1-11
8. Psalm 56:1-13
9. Psalm 91:1-16
10. Psalm 94:16-19
11. Psalm 112:1-10
12. Psalm 118:1-14
13. Isaiah 12:1-6
14. Isaiah 35:1-10
15. Isaiah 41:8-13
16. Isaiah 43:1-7
17. Isaiah 44:1-8
18. Zephaniah 3:14-20
19. Matthew 6:25-34
20. Matthew 10:29-31
21. Matthew 14:22-33
22. Mark 6:45-50
23. John 14:1-14
24. John 14:15-31
25. Romans 8:31-39
26. Philippians 4:4-7
27. 2 Timothy 1:3-7
28. Hebrews 13:1-8
29. 1 Peter 5:5-7
30. 1 John 4:17-21
31. Revelation 21:1-4

