



YEA, THOUGH I WALK
THROUGH THE VALLEY OF
THE SHADOW OF DEATH,

I WILL FEAR NO EVIL;

FOR YOU ARE WITH ME;
YOUR ROD AND YOUR
STAFF, THEY COMFORT ME.

PSALM 23:4

Did you know...

that over three quarters of all doctor visits deal with some form of fear and stress? It turns out that fear has the greatest impact on our lives. All you have to do is look at your television or internet. As we get

older we're being steadily convinced that we need every pill being pedaled. On top of that they then take 75% of the commercial to tell you how this pill can kill you. I think it's meant

to confuse us. **Luckily there's a pill for that too!** What do you fear? Or what are you anxious about? Your future? Your job? Your singleness? A relationship? Finances? Your appearance? Your reputation? Your health? Your age? **Life after death?**

I guess everyone feels afraid sometimes. We seem to live in a world surrounded by fear. We understand that an unhealthy fear can become a disruptive part of our lives. We are constantly having to live with anxiety. Out of all the questions posed here, the most anxiety-riddled one is, **"Is there life after death?"** It is referred to as the Eternal Question. The answer to that question depends solely on your relationship with the Father through His Son Jesus. You no longer have to fear any longer. It starts with a simple prayer...

"Dear Jesus, I know as a sinner I will be forever separated from you for eternity in a place called Hell. I now understand that you paid for my sins so that through Your sacrifice I no longer have to go there. I believe that you died on the cross for my sins, were buried, and were then resurrected after three days to prove that you indeed are God. You ascended into heaven and now sit at the right hand of the Father. You said, "I am the way and the truth and the life and no man can come to the Father except by me." I now put all my trust in you alone for my salvation. Thank you for loving me enough to die for me.

Let this prayer to the Father in Heaven give you the courage to face your fears on a daily basis. 

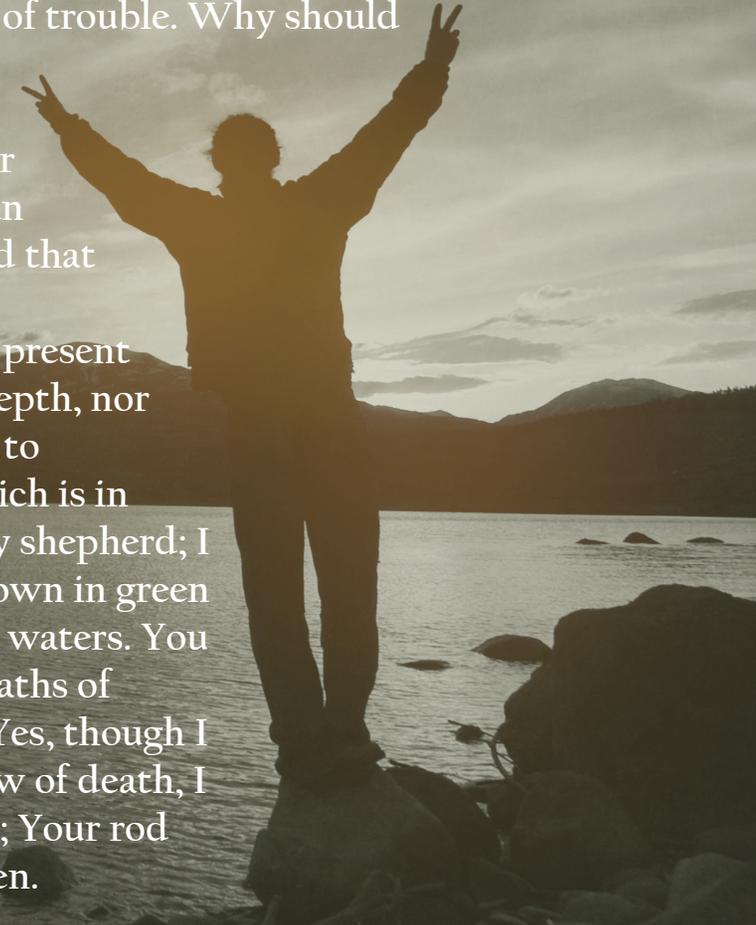


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Casting out Fear

A Prayer of Encouragement

Dear heavenly Father I come to you in Jesus' name to dispell fear and discouragement in my life. I believe ¹that there is no fear in love; that perfect love casts out my fear. ²When I received the Holy Spirit I did not receive the spirit of bondage again to fear, but instead ³a spirit of power and of love and of a sound mind. I received the Spirit of adoption by which I cry out to you Father. I believe that the Holy Spirit Himself bears witness with my spirit that I am a child of God. ⁴You and you alone are my refuge and strength, always helping me in times of trouble. Why should I fear? ⁵Whenever I am afraid, I will remember to trust in You. In Your Son Jesus I have put my trust for my salvation; I will not fear. What can anyone do to me? ⁶For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, nor height nor depth, nor any other created thing, shall be able to separate me from the love of God which is in Christ Jesus our Lord.⁷The Lord is my shepherd; I shall not want. You make me to lie down in green pastures; You lead me beside the still waters. You restore my soul; You lead me in the paths of righteousness for Your name's sake. Yes, though I walk through the valley of the shadow of death, I will fear no evil; For You are with me; Your rod and Your staff, they comfort me. Amen.



This prayer is based on the following Scriptures:

1. 1 John 4:18 2. Romans 8:14-16 3. 2 Timothy 1:7 4. Psalm 46:1-3 5. Psalm 56:3-5 6. Romans 8:38-39 7. Psalm 23