

# Seven Steps to Triumph and Overcome Destructive Fear

Where do we search to find refuge from fear, worry and anxiety? Here are seven steps to triumph and to overcome destructive fear:

**\*Recognize the reason.** Are you fearful of something that hasn't happened yet? If so, God is already at work. The future is in His hands and so is the situation you fear.

**\*Remember that negative emotions don't need to control your decisions,** your plans or your focus. God's wisdom is the weapon that defeats fear.

**\*Repeat God's promise** that He will never abandon you. With Him beside you, fear has no power.

**\*Restore your faith.** Believing the best and being certain of God's provision erases fear.

**\*Revive your joy.** God's promises for today and tomorrow are to give us abundant joy. Fearing for tomorrow robs the joy for today.

**\*Rearrange your thinking.** Thoughts have the power to defeat us or drive us to the highest heights. Filling our mind with victory in Christ destroys fear.

**\*Recount your blessings,** remember God's goodness, and receive the gift of gratitude. A spirit of gratitude has no room for fear.

**Janet Perez Eckles'** best-selling *Simply Salsa: Dancing Without Fear at God's Fiesta*, Judson Press brings you the path from trials, heartache and fear transformed into a life rich with joy and confidence. Visit Janet at [www.janetperezekles.com](http://www.janetperezekles.com)