

# I AM WISDOM ELIMINATES FEAR AND DOUBT

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

The Apostle Paul, Philipians 4:6-7

## Calm

The wise recognize that mayhem is always nearby. Without wisdom, people have come to dread and feel insecure when turmoil begins to encroach on their lives. That is why they develop such a strong commitment to the word for today's TALK... "Calm." A quiet evening feels like an achievement. A day without anxiety is something to be celebrated. They are not afraid of having a somewhat boring time. They know it has, and will again, be so much worse.

In our go-getting age, it is common to imagine the difficulty of being able to pull off an untarnished life, one where the major decisions are likely to be right. Important decisions related to the love and works in our life is critical. But the wise realize that it is impossible to fashion a spotless life. Knowledge helps create a life that will make some incredibly large and utterly uncorrectable errors in our existence disappear. Some strive to be perfect, but perfectionism is a wicked illusion, and regrettably absent. Absent unless we have the assurance we can depend on God, the Holy Spirit, friends, and family to provide loving support.

The good thing is with wisdom, experience, and learning, we see that errors are common across humans. One cannot look at anyone's life story without seeing some devastating mistakes etched across it. These errors are not coincidental but structural. They arise because we all lack the information we need to make choices in time-sensitive situations.

Somewhere along the line, Judeo Christians have fallen in love with the one specific Old Testament scripture to the extent it is etched in our minds. Familiar words for most of us are found in Psalms 23. The Psalmist's words bring calm to God's people. I defer to the writers words when I am celebrating good in a friend or family member's life. I defer to the same words when I am facing their stressful situations.

With confidence, I can say you may have simply nodded your head "yes" due to the comfort you personally receive from the words.

The scripture is translated here from the Common English Bible, and although it will feel a little different to the same phrases in the King James version, be assured many will find comfort in whatever translation is presented.

*The Lord is my shepherd. I lack nothing.  
He lets me rest in grassy meadows; he leads me to restful waters; he keeps me alive.  
He guides me in proper paths for the sake of his good name.  
Even when I walk through the darkest valley, I fear no danger because you are (he is) with me.  
Your (His) rod and your (His) staff they protect me.  
You (He) set a table for me right in front of my enemies.  
You (He bathes) bathe my head in oil; my cup is so full it spills over!  
Yes, goodness and faithful love will pursue me all the days of my life, and I will live in the Lord's  
house as long as I live.*

Common English Bible

Reading these words is like sharing morning coffee with friends. Two or more people just having a conversation about a special someone who is a tremendous influence in our lives. When I change the pronoun from “you” and “your” to “he” and “his” it makes all 116 words sound like two people talking about someone very special to each of them. Read it again using the words in parenthesis and let me know if it feels more personally comforting and calming.

Striving to be “one” with God brings about eternal protection, peacefulness, and a feeling of calm. Worldly rights may provide us some security, but it is unity with God that provides a deeper, lasting experience of well-being and an easy feeling.

Remembering and living this truth leads to a sensation of being reassured and at peace. When worries creep into Christian lives, fearful thoughts and feelings are managed by turning to the Divine presence within. Speaking affirmations (I am relaxed. I am protected. I am comforted. I am safe) reminds me I am calm in my oneness with God. The more I commit to practices that center my mind and feelings in the enduring presence of spirit, the calmer and more self-assured I become.

I hope you have benefited from this series. Today is the final TALK from “I am Wisdom Eliminates Fear and Doubt.” Next week begins a new series titled: FAITH WORDS, i.e., Joyful, Forgiveness, Light of God, and more. We’ll be surprised together over the weeks to come.

*Peace Always*

*Ted*