



Living Life in the Sweet Spot: Breaking the Bondage of Fear!

“Be careful {anxious} for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

-Philippians 4:6-7

Fear is one of the most debilitating and influential forces having negative impact on individuals, families and churches. According to the National Institute of Mental Health, anxiety disorders are the most common mental illnesses in America. An approximate 40 million people experience some form of anxiety disorder per year. There are five major categories of anxiety disorders including panic disorder, obsessive compulsive behavior, post-traumatic stress, phobias, and generalized anxiety. It is believed that these stem from three particular sources which are childhood experiences, personality tendencies, or medical related.

The mental symptoms of such disorders include worry, confusion, a sense of helplessness, repeated negative thoughts, and apprehension. Twenty percent of the population experiences such symptoms regularly which can negatively impact family life, relationships, job performance, participation in the ministries of the church, and one’s approach to God and God’s hopes and plans for the church.

But there is good news from on high. The Bible is clear that these disorders and the associated symptoms possess no power over the Christian, unless we allow them. We can become free from the bondage of fear and anxiety. Certain Biblical principles and spiritual disciplines can help to bring to us deliverance and aid in breaking the bondage of fear that so negatively impacts our lives and how we relate to other people and institutions, including the church.

PRINCIPLE #1 You must believe God’s ability to heal and deliver! There is spiritual power to heal and bring relief to emotional and mental disorders such as those mentioned above. You must believe this truth, position yourself in faith, and approach God’s Word as true and effective. Affirm your healing through speaking, believing, and expecting it.

PRINCIPLE #2 You must find the sweep spot! Discovery of that spiritual place I term the “Sweet Spot.” It is that “secret place” of deep awareness of God’s mercy, covering and protection. You must find this place. It is a spiritual disposition that transforms your psyche and your emotive self. It brings the internal tranquility and wellness that only God can bring through any storm.

PRINCIPLE #3 You must journey the 5 pathways to the Sweet Spot as revealed in the Philippians text which I will cover in this Sunday’s Message titled “Finding the Sweet Spot”.

Pray this: Lord, today and everyday, guard my heart and mind so that I rest in full knowledge and joy of your mercy and covering and protection for my life. Amen

Copyright Dr. Vernon Percy Howard, Jr.

**Rev. Dr. V.P. Howard, Jr.
Senior Pastor
Second Baptist Church of Kansas City, MO**