

# Overcoming fear through prayer

By Elise L. Moore, C.S.

I was scared. My husband was out of town. There had been voices occasionally calling back and forth coming closer and closer to the house. When I heard footsteps on the deck, that was it. I called the police.

At the time, we lived on an unmarked country lane. Giving directions to the patient policeman on the other end of the line took several minutes. My panic subsided. “If someone was going to break into the house, wouldn’t they have done it by now?” I reasoned. I told the policeman not to bother. He assured me he would come out and check around anyway. I declined. We agreed if I heard any further noises, he’d come straight out.

After hanging up I did what I should have done in the first place. I prayed. Prayer begins by turning to God and affirming spiritual facts concerning His nature.

In this case, I began praying by knowing that God is ever-present. God is spirit as the Bible says in John 4:24. So God, Spirit, is always present.

Then I thought about the fact that God is good. In replying to an inquirer, Jesus responded, “Why callest thou me good? there is none good but one, that is, God.” (Matthew 19:17) God is good, the source of good.

Since God is all-powerful, I felt confident in the fact that the power of good was present and active with me. I could trust in the power of good to operate in my life as well as the lives of others. If there was danger, I felt assured that God would reveal it to me and tell me what to do. But after praying in this way, I felt no danger and went to bed, promptly going to sleep.

The fear was gone. The human circumstances had not changed, but my thought had. By turning to God and praying, peace and confidence replaced fear and panic.

Several months later when my husband was at home, the noise of voices calling and coming closer to the house began again. It was two owls! I had never heard an owl’s call and had no idea how human-like it could become. We decided that the footsteps on the deck had probably been a night-prowling four-footed creature sauntering by at the perfect moment.

What if there actually had been someone thinking of breaking into the house? Would my prayer have been different? I don't think so. Would prayer have been effective? I believe so.

I'd been attacked before and accosted by those who had violent intentions. The prayer is the same and so are the effects. God is an ever-present power of good governing each one. No one is outside of God's control. The power of good that protects one, changes the thoughts and intents of another.

It is wonderful to live a life without being continually plagued by fear. Instead of fearing the unknown, worrying about negative things that might happen, presuming the worst about situations or people, prayer to God brings the sweet assurance of His power and control. If we need to be alert and beware, God will inform us. But we will not be motivated by fear, rather by confidence in the power of good to govern and guide.

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