**Canaan Union Church**

**314 Main Street**

# Canaan, Maine

**July 8-July 14 2012**

**Sunday School 9:30 AM**

**Sunday Morning Worship 10:15 AM**

**Pastor: Diana J. Perkins**

**Send your letters to: Canaan Union Church**

 **P. O. Box 1642**

 **Waterville, Maine 04903-1642**

**Thank you for your continued support of our ministry. God bless!**

**My childhood was full of various fears. Adults frightened me because they were authority figures and I realized that they were stronger, bigger than I was and I was afraid of being hurt by them. Bodies of water frightened me because I was afraid of drowning. I had a fear of choking so I was overly cautious when fish was served at our table. I would scan every piece of fish to make double and triple sure that it didn’t have a bone in it that would get stuck in my throat. I was afraid of God, of heaven, of hell and life in general. I didn’t like starting school and then as I got close to graduation day in high school, I was petrified of how I would manage life outside of the classroom. Only recently did I connect all my fears with my mother. I was going through some of her paperwork and I came across a journal page that said, “I was always full of fear as a child.” She passed those fears onto me and I have had to work through them one layer at a time. Going to school was no haven for me for there I was taught to fear the Russians. We had training drills of how to protect ourselves in case the Russians bombed our nation. The teachers spoke of bomb shelters and let us know where they were located if we needed to find refuge. It is interesting that we have one in our basement that was built in the 50’s era. I think of those days sometimes when I walk by the one that we use for storage now. Even fire drills frightened me because I was always worried that it was for real and I might be overcome with smoke. Other children looked forward to them because they could get outside and away from the classroom for extra time, but they didn’t appeal to me at all.**

**Church didn’t provide a safety net for me either for many enthusiastic evangelists during the 60’s and 70’s preached about the coming of a worldwide famine and a black out that would engulf our entire nation giving rise to the anti Christ. Our economic system would be destroyed and the mark of the beast would be set up overnight. Many people took those warnings to heart and hoarded food, water, various supplies including blankets, matches, and even military food rations. Those fear tactics caused me to fear the future and as a young person, who wasn’t grounded in the Word, caused me great distress.**

**However as I got older and developed a relationship with God, I learned that faith overcomes fears. Courage overcomes anxiety and I gained confidence that I could do all things through Christ who gives me strength. His words of “I will never leave you or forsake you” have helped me through the passage of life’s darkest hours.**

**If you struggle with fear and anxiety, here are some verses that are helpful to me. In Psalms 118:6 it says that the Lord is with me; I will not be afraid. What can man do to me?” In Romans 8:31 it ask the question, “If God is for us, who can stand against us?”**

**Hebrews 13:6 says “So we say with confidence, The Lord is my helper I will not be afraid. What can man do to me?” Everyone’s favorite is found in Psalm 23. It reads like this: “Though I walk through the valley of the shadow of death, I will fear no evil, for you are with me.” The 91st Psalm has so many promises for the believer’s protection. God will take away all the fears in your heart and will give you peace. See verse 5-7. He will cover you with his feathers and under his wings you will find refuge. Verse 4**

**If you make God your refuge than no harm will come to you for He will command his angels concerning you to guard you in all your ways. You will be lifted up in their hands so that you will not strike your foot against a stone. God promises to protect those who love Him and will rescue them in times of trouble. He promises to answer when we call upon him, bless us with a long life and show us God’s salvation. His children are called the “apple of His eye.”**

**Last week I was listening to the radio and a preacher was speaking about the power of the Holy Spirit to help us overcome crippling fear. He spoke about the return of Jesus Christ that will take place in some future time. He talked about the distorted view that people take in preparing their lives for the second coming of Jesus Christ. He then told a story about his two pre teen children and a discussion that he overheard one day while the family was dining in a local restaurant. Darcy is two years older than Charles and they are two grades apart in grade school. Darcy started talking to Charles about what was in store for him in a couple years at school. “Charlie,” Darcy said, “You just wait til you get Miss Ames in two years. She is the meanest teacher in the whole school. You’ll regret getting her cause nobody likes her. She glares at anyone who even smiles or looks sideways in her class. You are just going to hate having her for a teacher, just wait and see.”**

**Charlie is busy fixing his hot dog with mustard and relish and he doesn’t even look up from his plate. He replied like this: “Darcy, you know what? I don’t care about Miss Ames. I’m not worried about getting her for a teacher in a couple of years. You wanna know why? Cause Jesus Christ is going to return before I ever have to step foot in Miss Ames classroom.” You know, he could be right, but even if that doesn’t happen, Charlie isn’t about ready to spend two years worrying about something that might never happen. He prefers to be concerned about today and the problems that he has to face right now. Matthew 6:34 says “Don’t worry about tomorrow for tomorrow will worry about itself. Each day has enough trouble of its own.”**

**There is a beautiful hymn that has words that include these:**

**Many things about tomorrow, I don’t seem to understand. But I know who holds tomorrow and I know who holds my hand.”**

**If you have accepted Jesus Christ as your Savior, you don’t have the worries that unbelievers face every day. God promises to walk beside you and to always be with you always even to the end of time. His love will cover you and protect you from the storms of life. Read Isaiah 43:2, “Fear not for I have redeemed you; I have summoned you by name; you are mine. When you pass through the waters, I will be with you and when you pass through the rivers, they will not sweep over you. When you walk through the fire you will not be burned; the flames will not set you ablaze. For I am the Lord, your God.**

**Neither men nor demons have rights to a child of God. Nothing can come your way except the permission of the Lord is given. Don’t be afraid, trust and obey!**