

Excerpt from the book

BE Healed

Jeremiah 17:14
Isaiah 53:5

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Chapter 4

My Testimony *(continued)*

I didn't hear anything else she said after she said cirrhosis. I was familiar with cirrhosis of the liver because my uncle had died from the disease due to alcoholism. I knew I wouldn't be able to live without my liver so my mind started racing.

My family flashed before my eyes. Would I live to see our girls get married? Would I be able to hold our grandkids? Would I be able to grow old with the love of my life? Would I be able to accomplish the rest of my goals, would I be able to live long enough to fulfill any of my dreams? Had I spent enough quality time with my family?

I still had a lot of things left to do! Tears began to fill my eyes as my thoughts kept racing. I hadn't been drinking or anything; as a matter of fact I hated drugs and alcohol, so why was I suffering from this kind of disease?

After a few days, I had time to process what she said and of course the enemy began to play tricks on my mind. I don't remember now, how many days it took me to get it together.

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I tried to focus on God's word so I could be reminded of how Jesus healed people and set them free but if I may be truthful, the spirit of fear began to grip me like never before.

I honestly don't know how many days after hearing the news it took me to gather my thoughts and pull myself together but bless the Lord, I was eventually able to regroup and think clearly.

Has there ever been a time in your life when the *spirit of fear* hindered you? _____

Is it hindering you now? _____

For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline. 2 Timothy 1:7

What does this verse inform us about the spirit of fear?

*Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand. **Isaiah 41:10***

What is the promise from God to his children in this passage of scripture?

Read the verse below and underline what we are commanded to do *instead* of worry?

*Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. **Philippians 4:6***

Meditate on the verse below.

*Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me. **Psalms 23:4***