

## **Subject: Sermon Ideas – Overcoming Fear and Recovering the Joy of Living**

### **Overcoming Fear and Recovering the Joy of Living**

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Collective agitation stirred by the drums of war, terrorist threats, and a flagging economy has made us a frightened people. As individuals we have limited control over these trends but we can control how we respond to them. We can shift from feeling overwhelmed by fear to overcoming it.

We have the power to shift out of whatever in our lives comes from anger or fear. We can help rather than hurt, encourage rather than discourage, and promote love rather than fear. By remembering to think “peace” instead of “war,” we create greater intimacy and happiness with others because we’ve removed the bright line in the sand that says,

“You’re on one side, and I’m on the other.” When we shift the way we see each other, we create common ground for finding solutions to our differences.

When you feel engulfed by difficult events, instead of reacting in the old way and giving in to anger and despair, shift your attention to peace, love and joy. Sound impossible? Here are 10 things you can do immediately to overcome fear and recover joy:

- Give yourself permission to think of someone you love;
- Shift your perspective from self-protection to self-acceptance;
- Tune in to your intuition—the impressions you get will help you make good decisions;
- Tell the truth so you harbor no hidden agendas that make you feel defensive;
- Be clear, but don’t assign blame to yourself or others;
- Breathe through your feelings when you’re upset and resist the temptation to ignore uncomfortable feelings;

- Take your mind off your agitated feelings by paying attention to those who need your love;
- Put your hand over your heart and feel the inner current of love inside you;
- Happiness is a choice—don't expect others to make you feel happy.

Imagine that many people around the world are also practicing overcoming fear. What do you think would happen? One day, as we set our dominoes, we might sense a dramatic change. All the dominoes everywhere, all around the world, might slowly begin to collapse, falling down to create a new path for the world's people to walk on—a path of peace!