

October 11, 2017

This week we are focusing on fear. There have been many acronyms around this word: False Evidence Appearing Real, Face Everything And Recover, Face Everything And Rise, or Face Everything And Run.

In this study, Myrtle Fillmore teaches that fear is something we all face at one level or another. She is clear that we have the power to choose between fear or faith. Our living faith of One Presence, One Power that is Only Good leaves no room for fear, anxiety, or worry. In fact, if we are indulging in any of these negative, false beliefs, we are practicing worshipping something that is not real.

Wow! That is extremely clear teaching with no room for the infamous, “yes, but . . .” that we all find to be part of our habitual thinking. Use this time this week to listen and hear your uses of “yes, but . . .” and find what issues you are allowing compromise from Truth.

Our HomePlay this week adds another sacred word of God from the Hebrew Scriptures. I use these *pleromas* as part of my day, and I decide which one to use based upon what I’m feeling at the time. This week’s word is *Jehovah-nissi*, “God is my Banner” or “God is my Protection.”

If I’m dealing with any fear, I exhale and say, “There is no fear” (my denial of fear) and then breathe deeply all the way to the top of my head while affirming, “*Jehovah - nissi.*”

I repeat this process until I feel the security and safety of that “*Power Greater than Us*” as it flows down through my mind and body. It stills my emotions and I know – “All is Well!”

Rev. Dan