



Fear and its Solution

What scares you? If you already know, you are fortunate. Many people would like to know what they are afraid of. There are fears that are easy to identify, such as those related to danger, sickness, the loss of a job or something valuable, or even the destruction that results from war, a fire or a storm.

Yet, there are other fears that go deeper than the surface. Subconsciously you might think that you have not performed well in an important project at work, that there are other people that are more capable than you or that they are speaking against you. Or if you are young, you might possibly feel insecure about a relationship or are worried about an exam in college. Fear, as some would say, can mold and change our lives so that we appear to be someone we are not.

Even so, there are some fears that are beneficial. Those fears are based on the truth and are expressed by positive and wise actions. They guard us from danger and help us make the right decisions. The Bible says that *"the fear of the Lord is the beginning of wisdom"*.

However, in this restless 21st century with its threats of nuclear war, terrorism and with the insecurities created by rapid changes in the economy, technology and the environment, our fears are much more frequent. They paralyze are mental and physical potential, break our spirit and discourage us, and we become ineffective in life. The worst is that most of the

time we do not recognize what it is that we fear.

Many believe that the most prominent part of fear, in whichever form it comes or its apparent obvious cause, is rooted in and originates in the fear of the future. Maybe we are afraid because we don't know what the future will be. Or, consciously or unconsciously, we feel inadequate and not prepared.

Fear concerning the future increases when, for one reason or another, we contemplate death. Yet, there are those who are calm when they consider this reality that we all will face.

The apostle Paul was one of these people. He said; *"I am convinced that neither death, nor life, nor things present, nor things to come, will be able to separate us from the love of God which is in Christ Jesus our Lord"*.

And this same amazing peace that can remove the fears in your life can be yours when you believe what God has said in the verse above.

When you recognize and acknowledge your sins, repent and accept the complete forgiveness that God offers you through the sacrifice of the Lord Jesus Christ in your place, you will no longer fear what your future will be after you die.

Deliverance through Christ will make it possible for you to say with the Apostle Paul: *"For me to live is Christ and to die is gain."* □



Work and Your Health

Martha was 22 years old and earned a good salary working as a secretary at an editorial office. The job was varied and interesting, but Martha was not feeling healthy.

Every day she would return home exhausted and afraid because she did not know what sickness she had.

In desperation, one day she went to visit a doctor. She spent hours of analysis in the laboratory. She came back trembling when it was time to listen to the doctor's diagnosis.

"Your illness will not be serious as long as I am able to convince you to take my advice. You will need to change jobs and the environment you're in, as well as look for different friends," the doctor said.

Convinced, Martha went and found a new job and some new friends. The symptoms disappeared almost immediately, and she began to be much more satisfied in life.

The truth is that in every job or profession there are those who are not satisfied with what they do or with the persons or circumstances they find themselves in. But at the same time they do not want to make any positive changes.

Most of us have been born with a natural predisposition to take on certain tasks. If we are not aware of what that predisposition is or if there is something we should leave behind because it

doesn't allow us to do what we should, it is likely that the frustration that this produces can lead to physical ailments.

Are you bored? Maybe the problem is that you have not yet found the reason why your life does not truly reflect who you are or what you should be doing.

Maybe your weariness has something to do with your job, with how you use your free time, with your lack of satisfaction, or with avoiding your responsibilities.

The most probable cause is that you, being a spiritual person created for eternity, try to live only for the present time. The good news is that Jesus promises eternal life. This does not mean that our physical life will never end, but that there is another life to come.

Have you ever asked yourself why people who desire to follow Jesus' teachings seem to have purpose and joy, in spite of their social or economic position?

We find the answer in the words of John, one of Jesus' disciples:

"He who has the Son, has the life; he who does not have the Son of God does not have life" (1 John 5:12), and also "I have come that they might have life, and have it abundantly" (John 10:10). □

Who represents you?

There have been cases in which a person is in prison and they are unable to bring together the information necessary on their own to defend themselves efficiently prove their innocence. You also, even if you have not had any trouble with the law, have possibly been in a situation where you are without the necessary help you need to solve a problem in a relationship.



When you unintentionally offend a friend, it can be that the situation becomes so serious that the relationship is cut off. And despite how much you desire to communicate with your friend in order to amend things, they are not interested. This is when you need the help of a mediator.

We have no payments or anything else to offer God to pay for our sins. We need someone who knows us and understands us while at the same time is approved by God. Our situation would be without hope if it wasn't for the intricate plan that God Himself had in naming the Lord Jesus Christ as the only mediator.

During ancient times, in Jewish towns there were priests who acted temporarily as mediators. They defended the cause of the town and brought the blood of a lamb before God to demonstrate symbolically that the innocent one had died in place of those who were guilty.

When Jesus died on the cross this commandment that the priests carried out came to an end, because Christ paid the debt for the sins by His single sacrifice, "Once for all" (Hebrews 10:10). Jesus opened the path to God for everyone who wants to come near to Him.

"Therefore, brethren, since we have confidence to enter the holy place by the blood of Jesus, by a new and living way which He inaugurated for us through the veil, that is His flesh, and since we have a great priest over the house of God, let us draw near with a sincere heart in full assurance of faith..." (Hebrews 10:19-22). Jesus was a priest of a completely different order because He was the priest and the sacrifice at the same time.

A person can be a religious leader, teach others about God, counsel, exhort, pray for and serve others, but only Jesus Christ is both God and man and can be the mediator between God and mankind. "There is only one God, and one mediator also between God and men, the man Christ Jesus" (1 Timothy 2:5). □

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Will you be happy in heaven?

For most people, heaven is a special place of utopia where we will continue to live exactly like we do here on earth but without problems or suffering. This is partly true. We read in the Bible in the book of Revelation that *“God will wipe away every tear from their eyes; there shall be no more death, nor sorrow, nor crying...”* (Revelation 21:4).

Yet, in reality we do not know much about what life will be like beyond this life. And the few things the Bible does tell us are often expressed in figurative and symbolic language. Even so, human language or speech cannot adequately describe such a glorious place whose wonders reach much further than we can ever imagine in this life.

Nonetheless, there is a fact concerning heaven that we can be assured of: the primary purpose of those who are there will be to praise God and adore and serve Christ as the Lamb who was sacrificed for the sins of the world. Would you be happy in that environment?

If the Word of God, prayer, praising and



honoring God are not priorities in your life, then it is unlikely that you will feel comfortable in heaven. The only ones who will be happy there, even more so, the only ones who can enter, are those who here on earth have already begun to appreciate the Person who will be the center of attention in heaven.

A person who will not be happy in heaven, will surely never be happy in any other place. During this life they may be able to keep themselves relatively happy by amusements and activities that help them momentarily forget the true needs of their soul. But all of this, sooner or later, will come to an end.

The time for preparing oneself to enjoy life in heaven is right now. □