The background of the cover is a sunset over a body of water. The sun is low on the horizon, creating a bright, golden glow that reflects on the water's surface. The sky is filled with soft, orange and yellow clouds. In the center of the image, there is a faint, glowing outline of a person standing with their hands clasped in prayer, appearing to be on the water's surface.

FAITH

versus

FEAR

WHO WINS?

My battle with CANCER

by Trevor Farley

Dedicated to:

My Wife

Sharon
My life's companion and love of my life

My Children

Gemma
Owen
I love you and I'm so proud of who you have become

My Parents

Ben
Maureen
Thank you for all your love and support.

General

To Ankaret
For inspiring me to write this story

To all my extended family, friends, colleagues, children and parents of Cornwall Hill College, acquaintances and even those who did not know me. Thank you for standing in the gap and praying for me and us as a family.

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Preamble

One night in March 2007 while engaging in our family pastime of watching TV together, we were disturbed by the ringing of the telephone. We looked at each other, wondering who was going to answer, as we were all engrossed in our on-air story. I slowly got up, hoping someone else would beat me to it, but no such luck. I answered the phone to the voice of a friend from way back. I hadn't spoken to Ross in over 15 years.

"Hi, Ross, this is a pleasant surprise!"

After a few words of pleasantries, Ross asked in a serious tone, "Are you guys OK?"

"Yes, we're fine, why?"

"Well, Sue and I have this tremendous burden to pray and intercede for you!"

After putting down the phone, I wondered what that was all about! I said a quick prayer asking for God's protection over us as a family, and to help me quell the rising uneasiness in my being. I walked though the house, checking doors and security gates. I chose not to say anything to the family, not wanting to make them fearful for nothing.

My son, Owen, and I had arranged to climb to the top of the Amphitheatre in the KwaZulu-Natal Drakensberg, with another father-and-son team, J P and Jordan. In our preparation, I was a little concerned about my ability to finish the climb without having to make any quick embarrassing stops in the middle of nowhere, as my tummy was not quite right. I seemed to need to go considerably more often than the usual once a day. I had made an appointment with the doctor for a general check-up, but would be able to see her only after our climb.



Well, the climb went beautifully and we had ourselves a most memorable time. The views are breathtaking. Photos taken to share with loved ones back home do not do justice to the real thing. Sleeping at the top of the escarpment with one thunderstorm rolling in after another throughout the night certainly made us feel insignificant. As fast as the lightning struck all around us, even faster were my prayers for divine protection sent heavenwards. My tummy, although not 100%, seemed to behave itself on our climb up and down, and I had no embarrassing urgent situations to deal with.



The "General" Check-up

The "general" check-up was just a front so that I did not need to concern my family unnecessarily with my suspicion that all was not as it should be. My GP did the check-up and was considering sending me for blood tests to help explain my continued upset tummy, when I commented that I thought I had noticed blood in my stool the previous day or so. She later told me that, with this news, she promptly decided that a colonoscopy would be a better route to take than the blood tests.

Right there and then she phoned a specialist working from our local hospital. She could get me an appointment with him in about five weeks' time. I felt that was a bit too long and said, "I think I need to see someone a lot sooner". The next phone call was to another specialist working from another hospital, a little further from our home. Our GP put the phone down, amazed. She said, "You will not believe what has just happened!" "What?" I countered. The specialist's secretary

said that she had just received a cancellation not two minutes previously and that the doctor could see me in three days' time.

I walked out of the consulting rooms, wondering what had happened. Had God intervened and set up the quick appointment, or was it just a coincidence?

Challenge: When last did you have a check-up? Are you ignoring a symptom that deep down, if you are being honest with yourself, you know you should go and have checked? Please listen to your body. Obey that inner prompting. Sadly, if you don't, it will only get worse.

The Colonoscopy

The consultation appointment with the specialist was largely to explain to me what a colonoscopy entailed and what the doctor could expect to achieve.

On 3 May 2007, I went in for the colonoscopy. When I came to from the sedative, I was told I had colon cancer. I was sent for more scans to see whether it was wide-spread.

While waiting for the results to come back, I thought about the diagnosis I had just received. What would the implications be? How serious was this?

All the people I knew or had heard of who had had some sort of cancer had passed away because of the disease. But something was puzzling me. I was not afraid. I had no anxiety. I just experienced a sense of calm and peace!

How could I be feeling like this at a time like this? How could I be reacting to the news of colon cancer in such a matter-of-fact manner?

*Was it denial; was I being an ostrich sticking my head in the sand?
Could it be that my faith was sustaining me?
Was it a combination of both?*

I was to ponder this conundrum for a while yet.

Hours later the doctor came and explained to me that he had found a six-centimetre section of my colon to be cancerous. The scans showed that the cancer was localised, not widespread. He noticed that my colon was already 80% closed up by the cancer, which prevented my tummy from working properly. He would have to remove the offending section of my colon. He could do the operation that very afternoon or else the following week, after I had gone home and prepared for it. Either way was fine for him and for me.

After a consultation with my precious wife, we decided to prepare for the operation by getting the news out, plan for the disruption of our day-to-day living, and above all get a prayer base together to support us all with our differing needs.

Breaking the News

Telling my children, Gemma and Owen, was not a job I was looking forward to. Thankfully, my God-given helpmeet, Sharon, told them. Not an easy message to give or to receive.

We let our immediate families know, and I shared the news with the people I met in the next few days. Within hours, phone calls and SMS messages streamed in on both our cell phones. The caring network of family, friends, church friends, staff and parents of learners whom we teach were mobilised, and they rallied around us with offers of support.

Pray, pray, pray was our request to all and sundry. I could see and hear people reeling from the news. But through it all I was calm and at peace within myself. Again, I wondered:

*Was it denial; was I being an ostrich sticking my head in the sand?
Could it be that my faith was sustaining me?
Was it a combination of both?*

One of the coping skills I adopted right from the beginning was the image of a “roller coaster”. I take my class on an annual outing to Gold Reef City, one of the highlights of my year. Invariably I need to encourage those young 12-year-olds who have never braved the “Anaconda” roller-coaster to dig deep and join me on a “ride of their lives”.



Me, Riding the Anaconda Roller Coaster at Gold Reef City.

Now we all know that there are those who love the thrill of the ride and get off with their adrenalin pumping and ready to go again, accompanied by wild, abandoned laughter.

And then there are others who fearfully give it a try, hate every moment and get off vowing never to do it again.



The image I pictured in my mind was one where, as regards my health, I had been forced to get onto this “roller-coaster”, the bar had been closed down on me, and the ride was moving. There was nothing I could do about it; I was trapped. I would have to face the “ride of my life”, with all its ups and downs, twists and turns, whether I liked it or not.



Remembering a quotation,

“It is not what happens to you that is important, but how you respond to what happens to you”,

I now faced a choice: I could ride the “ride of my life” with fear, anxiety and worry, or I could make the best of it.

Looking at these two choices, it was a no-brainer for me. I chose to live my life positively, and I therefore chose the second option, putting a smile on my dial, “lifting” my hands and resolved in my heart to enjoy the ride, God being my helper. For I believe that I would not be going on this ride alone. Having given my life to the Lord at the age of 17, I believe that “*He will never leave me nor forsake me*” (Heb 13:5b).

I am His; He is my Creator and He “*knows the plans that He has for me*” (Jer 29:10).

What better place to be than in the hands of the One who created you, the One who knows every part of your being? It is in believing and knowing that you are in His hands, *no matter what*, that brings peace to one’s heart and mind.

Challenge: Do you *know* whose hands you are in?

The Operation

10 May 2007 — the day of my operation — and my wife’s birthday! However, we celebrated her birthday the day before with the family. One of the parents from the school, Tina, asked me what they could do for us. I explained that Sharon was having her birthday on the same day as I was having the cancerous growth removed, so could she please organise a birthday tea down in the hospital café? Well, Tina did her usual best, and six moms from the school — Tina, Margret, Rykie, René, Bridget and Sue — arrived at 09:00 to wish Sharon well and whisk her off for a surprise birthday tea. Now the plan was to have the tea while I was under the knife, but my operation was postponed to that afternoon and Sharon waited dutifully and “alone” outside while I was being operated on. Not the way we had planned, but what could we do but go with the flow!

Later, to my utter amazement and joy, I found out that, Diana, another friend of ours, had decided that no one should ever be alone while their loved one was being operated on, and had arrived at the hospital and spent the afternoon with Sharon. It really blessed me and Sharon to see the lengths to which busy, involved people would go in order to meet our needs.

For the next 10 days while I was recovering in hospital, the phones went crazy, so much so that we had to switch them off when we needed a break. The family back home never had to worry about food as a network of family, friends, church friends, staff and parents delivered supper on a roster basis. Jacques co-ordinated this and also helped inform people via SMS of my daily progress.

Prayer Support

The thing that really blessed and humbled me was the enormous amount of prayer support we were getting. We were on prayer lists, literally all over the world.

I suppose I will never truly know the extent of the prayer support we received. But these are *some* of the prayers that I heard and knew about:

Linda, an educator who used to teach with my wife, phoned and said that she lights a candle and prays for us as a family each day as she takes her bath.

Leon at church set his cell phone alarm to go off each day to remind him to lift me up to the Lord.

Esther and Tracy said that they prayed as a family on the way to school and that I was in their prayers daily.

Venita shared that her sister-in-law, whom I have never met, woke up in the middle of the night, got up and interceded for me.

Hazel notified me that I was on their church prayer list (not a church I attend). She phoned each month for seven months for a report back, so that she could pass on the progress to those standing in the gap for me.

Mom phoned just before going on holiday. She needed to give feedback to her bible study group, and their Howick based church because they wanted to know specifically what to pray for.

Johanna, my domestic, would come into my room and ask to pray. She prayed fervently in Zulu.

Then there were all of *you* — family, friends, staff, school-children, church contacts, neighbours and all their connections.

To *all of you*, and God alone knows who you all are, thank you, thank you for being obedient to His prompting, for manifesting your care and compassion towards us as a family. If ever I doubted that I was loved, cared for and appreciated, this was put to rest during this trying time. I now *know* and truly feel loved and appreciated by you all.

Challenge: Please show those you love that you care for and appreciate them, irrespective of whether they are going through a tough time or not. Spend that extra two to four seconds as you pass people by, expressing your love and care in your own unique way.

This quotation rings true.

“People don’t care how much you know, until they know how much you care.”

God Talks

Hospitals are interesting places. Have you ever experienced being woken up at 05:00 to be ready for breakfast at 08:00? Wrong, I say, just wrong. To my way of thinking, hospitals are places for the sick, and they need rest. That’s it, lots of sleep. So why then do they give you a 05:00 wake-up call? Beats me! Anyway, one morning soon after my operation while I was channel-hopping, I stopped at TBN, a Christian TV station, and listened to Benny Hinn. He was having a healing crusade in East London.

At the end, Benny announced that he would like to pray for anyone watching the broadcast. I joined my heart in agreement with his prayer. Next, I heard Benny say prophetically: “There is a man with stomach cancer watching this programme. The Lord says, ‘He is going to heal you’”. Now I knew that there could be many others watching the programme who could be in the same position and would want to receive that prayer. Who wouldn’t? Still, I accepted the word as a Word from God for my situation and by faith thanked God for His healing touch on my life and body.

But God was not finished talking to me that morning. At about 07:00 I got out my Bible to have my morning quiet time. I was studying the life of Abraham, and in continuing my daily devotions I turned to Genesis 15. As I read, a verse jumped out of the pages at me: “*But not you; you’ll have a long and full life and die a good and peaceful death.*” (Gen 15:15).

As I lay back prayerfully meditating on the Scriptures I’d just read, I wondered what the statistical chances were of receiving two messages about my healing within two hours of one another, from two different sources and without my actually looking for a Word from God to encourage me in my situation.



It was as though God zeroed in on me that morning, guiding my actions and speaking a Word of healing, encouragement, hope and faith into my heart, body and life. As this realisation crystallised in my mind, I decided to let faith reign, let the two messages take root in my heart, and BELIEVE that God did speak to me and that all would be well. Not to believe, not to have faith, not to have hope, would be to allow fear to creep into my life and steal the peace I was experiencing.

First Chemo

Chemotherapy is administered via a drip, in my case for one week a month, for six months.

Just before I went for my first chemo, my neighbours Willem and Elma came over to pray with us. As we were praying, I got a picture in my mind’s eye of the chemo drip being the Blood of Jesus flowing healing through my veins. Because of that prayer session, each time I received chemo, I stretched out my faith, trusting and thanking Jesus for His healing touch on my life. I asked Jesus that as the chemo flowed through my veins, it would be like His healing power moving through every inch of my body, sustaining me and destroying all the cancerous cells it came across.

A Set-back

Soon after the first chemo treatment, I got a terrible stomach-ache. I did not know what was going on. Was it the result of the chemo? Or was it some complication from the operation?

Well, things got so bad that I had to be hospitalised. Sharon could not take me, but one phone call to Kobus was all that was needed — true to his word, “Trevor, if you need anything, just give us a call”. I landed up in hospital for four days, recovering from a bad reaction to the chemo.

Thankfully, it was not to do with any complications associated with the operation.

Strangely enough, even as I was readmitted to hospital, my mind and heart remained strong, and not once did I experience fear or anxiety, just an unexplained peace. Again, I tried to understand why I was experiencing this peace, and I asked myself the same questions:

Was it denial; was I being an ostrich sticking my head in the sand?

Could it be that my faith was sustaining me?

Was it a combination of both?

Second Chemo – Radiation – Third Chemo

At the start of my second round of chemo, I also started a 28-day radiation-therapy session — five weeks and three days. Thankfully, week-ends were free from treatment. Radiation is like having an

X-ray. In my case, the radiation was directed at the colon area to kill off any lingering cancer cells there, while chemo dealt with any microscopic cancer cells present anywhere in the body.

During this whole time, I taught at school in the mornings and drove myself to treatment in the afternoons. I was not going to lie about feeling sorry for myself. I had decided that I was going to live, and live as normal a life as possible. I was going to make the best of my “roller-coaster ride”, irrespective of the twists and turns it threw at me.

Each time I received radiation and chemo, I would pray by faith and ask God to miraculously multiply the good cells (and thus raise my blood count), and that the radiation and chemo would kill the sick cells in my body. I continued to believe by faith that God was in control of my “roller-coaster” life. I would visualise by faith that as I received chemo, the blood of Jesus was pouring into my blood-stream.

Towards the end of the radiation, I grew very weak, and my appetite was almost non-existent. I would sit at the table with the family and make myself eat. I was amazed to see how little I was eating compared to my two teenage children. I suppose that it is not wise to try to compare your eating habits with teenagers’ while you are healthy, let alone when you are unwell. 😊 I had lost 9kg from the time of the operation up to this stage. For those of you wanting to shed a few kilos, there are better methods than the one I’ve described above. 😊

Parents to the rescue

As a further twist in our roller-coaster ride as a family, it became necessary for Sharon to undergo a hysterectomy. My parents left their retirement village home in Howick and came to spend 10 days ministering to Sharon and me as we lay in our “honeymoon” suite (that caused a good chuckle) recovering from our respective operations. Mom did meals and Dad did the necessary running around for shopping and transporting children to their respective destinations. Who says parenting ends when your child leaves home? Thanks, Mom and Dad; you are stars. We appreciate and love you lots.

Chemo numbers four to six

I was very glad to finish the radiation treatment. It really did knock me. But what else can you expect when it keeps “killing” you bit by bit? With the radiation behind me, all I had was the remaining three rounds of chemotherapy to handle. It was wonderful to have three to four weeks of no treatment and to recover from the previous round of chemo. I continued working in the mornings, scheduling my chemo for the afternoons. The sixth and final round of chemo had to be delayed by a week, as my blood count was not the prescribed 3.0 but only 2.6. Evidently, 70% of patients need to postpone a chemo treatment now and again. I must admit I was a bit disappointed that I was not among the 30%, but, hey, what’s a week to gain the necessary strength before moving forward?

The nurses at Mary Potter Oncology Centre are angels. I watched with admiration as they treated us patients’ day in and day out with tenderness, care and compassion. Sitting and looking at my fellow patients, I marvelled at and was encouraged by how most of them were able to handle the situation they found themselves in. (Well, that’s the way it seemed on the surface of things.) The part I could play was to be my own positive self, hoping that I too, with God, was a source of joy, hope and inspiration to them, just as they were to me.

The Treatment comes to an End

I suppose that only those who have had to walk a tough journey or endure a taxing trial will truly understand what it is like when you begin to see the end of a tunnel. Do you remember the baby stage of your child's life, when you were confined and could not go out and do all the things you did before the little blessing arrived? How you looked at other parents' children who were older, and you found yourself wishing that your child was already there? Then you will understand what it feels like to come to the end of a "roller-coaster ride" like mine and get off and begin to do things other than to go to hospital regularly to receive the treatment you don't want but know you have to have.

As I walked out for the last time, I said my good-byes and thanked the angelic, compassionate and hard-working nurses, but could not resist teasing them by saying, "I hope I never see you again." Obviously, I would love to see them and be able to give them a favourable report on my progress, off the "roller coaster". To those who need to go back again, I pray that you will dig deep and have both the wisdom to put your faith in your Creator and the courage to climb back onto the "roller coaster".

Faith v Fear Conundrum Resolved

I have to admit that there were still times when my analytical brain would oscillate between the realisation that it was faith that was sustaining me and the doubt whether I was actually handling my fear through denial. If it were denial, then why was I experiencing calm and peace? How could I explain and share with family and friends in a credible way without being "airy-fairy" and that it was my faith that was sustaining me?

The jig-saw puzzle fell into place when at church, Pastor John shared a Scripture during his sermon. The Scripture was:

"He will have no fear of evil news; his heart is fixed, for his hope is in the Lord. His heart is resting safely; he will have no fear..." (Psalm 112:7 - 8a).

It was as if God, through His Word, had spoken into my heart and mind and revealed the answer to the conundrum that had been niggling at the back of my mind since I had been diagnosed with colon cancer four to five months earlier.

It was Faith

Faith had been in operation in my life from the moment that I received those dreaded words. The peace I was experiencing was the Word of God working in my life at the exact moment I needed it, even though I did not fully understand why I was experiencing a peace when those around me were scared and anxious. The Word that was holding me up was this:

"Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. And God's peace [shall be yours, that tranquil state of a soul assured of its salvation through Christ, and so fearing nothing from God and being content with its earthly lot of whatever sort that is, that peace] which transcends all understanding shall garrison and mount guard over your hearts and minds in Christ Jesus."

(Phill. 4:6 7 Message Translation)



I do not judge anyone for what they felt or went through because of my news; I'm merely sharing what I experienced.

I was putting [Philippians 4:8](#) into practice;

“Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.” (Phil. 4:8)

By God's grace, I have not experienced any fear, anxiety or worry about my life, as by faith I **know** that God is in full control of my destiny. Scripture reveals God's heart towards us:

“I alone know the plans I have for you, plans to bring you prosperity and not disaster, plans to bring about the future you hope for.” (Jer. 29:11)

The trick is to get this word from your head (mind) into your heart; that is, to believe God's Word by faith. Now faith is like a muscle; it needs to be exercised to grow, just as a muscle needs exercise to develop into a strong muscle. Muscle building requires time. So does a strong faith.

“Faith then comes by hearing; and hearing by the word of Christ.” (Rom. 10:17)

Challenge: What can you do or do more of to develop your faith muscle so that you can be ready to put faith into action should calamity visit you?

A Deeper Understanding

Looking back, I now see that the Hand of God was with me and guiding me:

- ☛ Sue and Ross's prayer before I even knew I needed prayer.
- ☛ The unusually quick appointment with the specialist.
- ☛ The phenomenal support from family, friends and strangers.
- ☛ Sensing God speaking a message to me through the TV.
- ☛ Sensing God speaking to me through His Word.
- ☛ God giving me concrete images to help my prayer life.
- ☛ God giving me a prototype image of my life at that time: the roller coaster.
- ☛ God revealing to me through His Word that I *was* living by **faith**.

The faith that was built into me was created over 30 years, after I gave my life to Jesus in September 1977 as a 17-year-old.

First Check-up after Treatment

The above section was written before I went for my first three-monthly medical check-up after completing chemotherapy treatment. As the day of the check-up loomed, I began to get a little nervous — no, actually quite nervous — about the impending results. I desperately wanted to get off the “roller coaster” that I had ridden for the previous nine months. Little did I know at the time but those who have to climb back onto the “roller coaster” because they have been told that they need to continue or resume chemotherapy treatment, do have to dig very deep. I had handled things very positively up until then, but how would I manage if the doctor told me that things had become worse, especially after I had sensed God telling me that I “would die at a ripe old age”. All I can say is that I would have had to dig very deep if that were the case.

Another thing that began to plague my mind was this issue: did I hear God back in the hospital, saying that I would be healed? What if the doctors said that things had become worse? Was it my wishful thinking at the time, or did I hear correctly? If I had heard correctly and things were worse, how would I explain myself, how would I share my experiences with others in a responsible and meaningful way? How would I share with others that God was going to heal me and then it didn't happen? How would that make me look? Even worse, how would that make God look in the eyes of the sceptics?

All these questions were going through my brain the morning before I went in for the BIG check-up.

Successful v Faithful

On the way to the check-up, I picked up a book I'd been given by Cheryl: David L McKenna's *Never Blink in a Hailstorm and Other Lessons on Leadership*. I knew there was going to be time to read as I waited for the blood results, X-rays and sonar to come through. While reading, I read this encounter. In a public address, a Senator told of visiting Mother Teresa and asking, "How can you go out each morning to the streets of Calcutta and minister to the dying while knowing that you can never be successful?" Mother Teresa answered: "God has not called me to be successful. He called me to be faithful."

That really blew my mind. There I was, sitting and having so many conflicting thoughts, when this little story suddenly appeared in a leadership book. God has called us to be faithful, not successful.

So I'm to be faithful in trusting God for my healing, I'm to be faithful in sharing what God is doing in my life, I'm to be faithful and continue to live my life surrendered to Him, trusting and believing that He has my life in His hands, irrespective of the final outcome of my situation. The result is God's problem. I'm not called to account for results.

Interestingly enough, I did a little study of the Bible on the theme of success, and the conclusion I reached is that God calls us to be faithful and it is God that gives success. God is calling us first to be faithful, faithful in worshipping Him, faithful in drawing closer to Him, faithful in sharing the Good News with others, faithful in doing what He prompts us to do. He calls us to be faithful in using the talents and gifting that we have, to be a blessing to others, to make a difference to our sphere of influence, whether it be school, work, church or family. Be faithful in taking up our responsibilities. Then success will come. Success will follow those who are faithful.

The emphasis is to change our focus. Our focus is not to have success, but success is a fruit of faithfulness. Our energy and focus should be directed towards being faithful; to faithfully be the best we can be in any given situation.

Challenge What do you need to do to ensure that faithfulness becomes your focus?

Thoughts on Healing

At a time like this, when someone passes away from a dreaded disease the question invariably rises "Why?" Why didn't God heal that person? Is God dead? Doesn't He care?

I believe that God is alive and that it is His will to heal. I say this, first, because the Bible teaches us that. Second, we have all being created with healing properties in our DNA. Cut yourself and immediately your body goes to work to heal the part of your body that is cut. Third, I have heard of

people being healed. I have seen people who have been healed: Nicholas healed from brain calcification; Johnny hearing for the first time at the age of 11, after being born deaf. Are all people healed? No! Why not? I really don't know. The Bible gives us some indication of why healings do not take place. If there were seven steps to healing, we would have hooked into that process a long time ago. Is it God's will to heal? Absolutely! What we have been called to do is to pray for the sick. We must be faithful to pray for the sick. The result is God's. We have been called to be faithful, not successful. When we are faithful, God gives us the success.

As a Man Thinketh

*"For as he **thinketh** in his heart, so is he ..."* (Prov. 23:7) See Appendix for more.

*"Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, **think** on these things."* (Phill. 4:8)

*"Since then, you have been raised with Christ, set your hearts on things above, where Christ is seated at the right hand of God. **Set your minds** on things above, not on earthly things."* (Col. 3:1,2)

Controlling what your mind thinks is very important. It is when you allow your mind to think negatively; when you think on untrue comments; when you mull over unjust actions; when you think on images that are impure; when you concentrate on things that are not of good report (bad news); when you concentrate on things that are not according to the above Scripture, that you are playing right into the enemy's hands. It is then that you begin to allow fear, anxiety and worry to take root in your life and thus negate the word of faith that was previously sown in your heart.

Results of Check-up Tests

I'm very pleased to announce that the BIG test at the Mary Potter Oncologist was one of a clean bill of health. The scans, x-rays and cancer marker tests all revealed no sign of cancer. The oncologist told me that I would need regular check-ups (next one in three months time) and would only be declared medically healed after five years. For now I'm clean. To me and my loved ones it is a wonderful step forward to a "new life."

On Thursday 20 March 2008 I had a check-up colonoscopy and it revealed that I have a clear pink cancer free colon. I only need to go for another check up in a year's time.

Thank you God for being with me and for the healing you promised me. Thank you, Lord for teaching me many new lessons. May the lessons empower me to encourage and uplift any who would need and desire it!

How is faith built?

The Bible declares:

“Faith then comes by hearing; and hearing by the word of Christ.” (Romans 10:17)

So, for our faith to be built, we should concentrate on receiving the Word of God from a variety of sources:

- ☛ Read the Bible.
- ☛ Attend a church where you grow spiritually.
- ☛ Listen to Christian broadcasts on the TV, radio or DVD.
- ☛ Attend a Bible study group or cell group.
- ☛ Draw closer to Christian friends who encourage and inspire you in your spiritual quest.
- ☛ Read Christian-based storybooks, teaching books or autobiographies of the experiences of fellow believers.
- ☛ Act on the desire within yourself to grow spiritually.

All these steps will help you graft the Word of God into your hearts and minds, thus slowly and surely developing your faith, so that in the time of need, your faith in God will sustain and carry you.

Walking with God over the past thirty years has not only been a source of encouragement to me, but also helped me to live a happier life as I’ve tried to live according to His will.

Why Trust God?

“Those who trust in the LORD are like Mount Zion, which can never be shaken, never be moved.” (Psalm 125:1)

“The Lord is good. When trouble comes, He is the place to go! And He knows everyone who trusts in Him!” (Nahum 1:7)

So trusting in God, building my faith up in the promises of His Word, will show me that the Lord is good and that He is the place to go when trouble comes, that He knows the plans that He has for me. When I receive Jesus into my life, I will experience His peace and He will give me an unshakable foundation upon which to live my life.

So Why the Hard Times?

Many years ago, I learnt the following Bible verse off by heart. But, believe me, it is only as I have gone through this trial that I have gained a deeper understanding and appreciation of its profound meaning.

One of the reasons why people experience hard times is that God wants to work in us so that we can grow and mature as people.

“Consider it wholly joyful, my brethren, whenever you are enveloped in or encounter trials of any sort or fall into various temptations. Be assured and understand that the trial and proving of your faith bring out endurance and steadfastness and patience. But let endurance and steadfastness and patience have full play and do a thorough work, so that you may be [people] perfectly and fully developed [with no defects], lacking in nothing.” (James 1:2-4)

Come on; let's admit that usually we have grown only when the screws were tightened, when things did not go quite the way we wanted them to go. We only really applied ourselves when there was a test or we faced some trial or other.

So when tough times arrive, don't ask, "Why me?" Rather ask God what you can learn, how you can grow, what needs to change so that you too may become mature in the faith of our Lord Jesus Christ.



Faith Wins !

My prayer for you is that you may:

- ☛ Receive Jesus Christ as your Lord and Saviour.
- ☛ Immerse yourself in the Word of God regularly.
- ☛ Surround yourself with a support team of fellow believers.
- ☛ Be a blessing to others.

Closing Prayer

I THANK YOU LORD

... for all the blessings you give me.
... for the sunny days and for the sad, cloudy days.
... for the peaceful afternoons and the long, dark nights.
Thank you for health and sickness, for the sorrows and joys.

Thank you for all the things you lend me and then take back again.
Thank you, Lord, for the friendly smiles and helping hands, for the love I receive and all wonderful things.
For the flowers and stars, for children and loving souls.

Thank you for the loneliness, for work, for difficulties and problems, for uncertainties and tears, because all these have brought me closer to You.
Thank you for preserving my life, for supplying shelter, food and all my needs.

WHAT AWAITS ME?

Whatever YOU wish, My Lord

... I ask only that you grant me faith to see you in everything that comes my way,
Hope and Courage never to give up,
And Love... more love for you each day and for those around me.

Give me Patience, Humility, Yieldedness and a Giving Heart.
Give me, Lord, what you know is good for me and that which I know not how to ask.

Grant me an obedient heart and a listening ear, an alert mind
and active hands so that I may yield to Your desire and
submit to Your perfect will for my life.

Pour out Your blessings over all my loved ones
and bring peace to the hearts of all who hear and read this prayer.

AMEN.

- ☛ If this telling of my experience has encouraged you in any way, I'd love to hear from you.
E-mail me at trevorfarley@lantic.net
- ☛ If you want to know more about the *Faith* and *Peace* I've been talking about, please read on.
- ☛ If you want me to share this story with your group, contact me at trevorfarley@lantic.net
- ☛ Pass this story on to others who you believe would be encouraged or blessed by it.
- ☛ Visit <http://www.parent.co.za> to see how I'm endeavouring to make a difference.

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GOLD NUGGET
no. **10**

P U R P O S E

"A small movement or change in the right direction now, enables you to make giant advances in achieving your future goals, dreams, successes and purposes in life."

Trevor Farley

You were made by God for God – and until you understand that, life will never make sense.

“The happiest man is he who is able to integrate the end of his life with its beginning.” - Goethe.

What is purpose? You cannot arrive at your life’s purpose by starting with yourself. You must begin with God, your Creator.

It is only in God that we discover our identity, meaning, purpose and destiny. Every other path leads to a dead end. Purpose is about becoming what God created you to be. Purpose is the one factor that motivates everything we do. We want our lives to count. Find your purpose and you will be able to guide your child on the road you have traveled. Ask God to reveal His purposes to you.

Challenge: How can I remind myself that life is really about living for God, not myself?

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The Victorious Attitude

by John Roebert 17 February 2008

It's so important to have a good approach to life and a victorious attitude. When we're around people that exemplify a victorious attitude it is so uplifting! Conversely, as we spend time with those harbouring negativity it is very discouraging. I believe that as we determine to have a positive and victorious attitude we are pleasing our heavenly Father. God is the most positive person you'll ever meet!

Did you know that an aeroplane has an attitude indicator? Note ATTITUDE, not altitude. Yes it does. The attitude indicator will show whether the aircraft is in a nose-high (positive) attitude or a nose-down (negative) attitude in relation to the horizon. Isn't that so applicable to life! How're you doing in your personal attitude? Would others describe you as an uplifting person? I trust so!

Scripture: Habakkuk 3:17-19 (MKJV) “Though the fig tree shall not blossom, and fruit is not on the vines; the labor of the olive fails, and the fields yield no food. The flock is cut off from the fold, and no herd *is* in the stalls; (18) yet I will rejoice in Jehovah, I will joy in the God of my salvation. (19) Jehovah the Lord *is* my strength, and He will make my feet like hinds' *feet*, and He will make me to walk on my high places. To the chief singer on my stringed instruments.”

1. THE VICTORIOUS ATTITUDE WILL REJOICE EVEN WHEN THE OUTLOOK ISN'T GOOD

- a. In the above scripture we see Habakkuk making the all-important choice of rejoicing even despite the terrible circumstances he was faced with. What an example of a victorious attitude!
- b. If I could modernize this passage of Scripture, perhaps it would sound something like this: Though my pantry may not be well-stocked and the price of groceries continues to rise. Though my car gives me trouble and the washing-machine continually breaks down. Though load-shedding causes me to fall behind in my work and spend many wonderful hours in the traffic. Though I don't reach my target for the month and the financial markets take a knock. Though I have to wait long for my fast food, and the so-called "Happy Meal" doesn't make my kids happy, **YET will I rejoice in the Lord!**
- c. Commentator, Matthew Henry, says the following: Habakkuk decided to delight and triumph in the Lord; for when all is gone, God is not gone. Destroy the vines and the fig-trees, and you'll make a worldly person's happiness disappear. But those who delight and trust in the Lord will remain steadfast. They can sit down on a heap of ruins, and even then praise the Lord. They can rejoice even in their greatest distress.
- d. Sometimes in tough situations we've got to remind ourselves that "this too will pass". Valleys aren't permanent! We can keep on rejoicing in the Lord!
- e. **Philippians 4:4** says, "Rejoice in the Lord ALWAYS, I will say it again rejoice". It's easy to rejoice in the Lord when things are going well, but when it really counts is when you're facing tough times. But be encouraged ... you can do it! Even if you haven't done so in the past.

2. THE VICTORIOUS ATTITUDE SETS ITS FOCUS ON HIGH PLACES

- a. In other words, we need to set our hearts on victory, on blessing, on winning and on succeeding by God's power ... and not on defeat!
- b. See: **Habakkuk 3:19** – Notice the words "He will make me walk on my high hills". The focus here is one of high hills and not of deep depressing valleys. Are you focusing on high hills?
- c. Habakkuk also refers to "hind's feet" (or deer's feet). This is tremendously significant! Did you know that the front feet of the hind and the rear feet track in exactly the place? In other words, the rear feet follow the front feet in stepping or tracking in the identical spot. This results in the hind being remarkably sure-footed; it is better-equipped to scale the heights and conquer; it is designed to win. So too, your heavenly Father wants to make you sure-footed and enable you to conquer the high hills.
- d. QUESTION: How do I cooperate with God in this? How do I apply this to my personal life? ANSWER:
 - o Listen carefully: When we confess God's will and God's word with our mouths (front feet) and our hearts follow through by believing those words (back feet) then we will truly experience victory. We will reach those high heights!
 - o The Scripture says: With the mouth confession is made ... but with the heart we believe. (Rom 10:10)
 - o As we confess God's will and His word, we've got to BELIEVE it in our hearts. This will cause God's word to become powerful in our situation and bring us to greater levels of victory than we've ever known.

3. **THE VICTORIOUS ATTITUDE PLACES 'WILL' AHEAD OF 'EMOTIONS'**

- a. **Psalm 42:11** says, "Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; for I shall yet praise Him, the help of my countenance and my God".
- b. If we allow our emotions to lead our lives then we are placing 'the cart before the horse'. In the above Psalm, David placed his will above his emotions; in other words he told his emotions what to do.
- c. Our emotions should not be up-and-down like a **roller coaster**; instead we should rely on the Holy Spirit to help us stabilize our emotions. God is stable and consistent emotionally, and as we depend on Him He brings order to our emotional world.
- d. We need to make decisions not based on our feelings, but based on God's will and plan for our lives.

4. **THE VICTORIOUS ATTITUDE SEES POTENTIAL FOR GROWTH WHEN FACING HARDSHIP**

- a. Read: **James 1:2-4** – Here we see the phrase "Count it all joy". This is how we are encouraged to respond when faced with hardship. What an example of a victorious attitude!
- b. Why must we 'Count it all joy'? Because we realize that in the process of what we're going through our character is changing for good and God is causing us to look more like Jesus.
- c. It is wonderful to see people who, as a result of having the right attitude during their times of crisis, have come through with an inner beauty and sweetness of spirit.
- d. God loves you so much that He'll orchestrate events in your life to bring out the best in you. So when tough times come, the best thing to do is embrace it! Count it all joy!

5. **THE VICTORIOUS ATTITUDE FILLS ITS HEART WITH PRAISE AND THANKS TO GOD**

- a. Read: **Acts 16:22-26** – Here we see Paul and Silas having been scorned, beaten with rods and placed in prison; yet despite the appalling situation in which they found themselves they still had the courage to pray and worship God. As a result God set them free from their situation. Praise sets the captives free!
- b. I encourage you to fill your heart with praise and thanks to God on a continual basis. This will help you live in a place of victory and freedom!
- c. It is wonderful to know that God wants to help us live in victory. As the Scripture says, "Now THANKS be to God who always leads us in triumph in Christ" – 2 Corinthians 2:14.

May God bless and strengthen you as you endeavour to walk in VICTORY!

Pastor John is my pastor, pastor of Choose Life Church in Pretoria.

<http://www.chooselifechurch.com/Pages/Home.aspx>

As A Man Thinketh

by James Allen (1902)

Chapter Three

Effect of Thought on Health and the Body

The body is the servant of the mind. It obeys the operations of the mind, whether they be deliberately chosen or automatically expressed. At the bidding of unlawful thoughts the body sinks rapidly into disease and decay; at the command of glad and beautiful thoughts it becomes clothed with youthfulness and beauty.

*“Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, **think** on these things.” (Phill. 4:8) [My inclusion. (Trevor)]*

Disease and health, like circumstances, are rooted in thought. Sickly thoughts will express themselves through a sickly body. Thoughts of fear have been known to kill a man as speedily as a bullet, and they are continually killing thousands of people just as surely though less rapidly. The people who live in fear of disease are the people who get it. Anxiety quickly demoralizes the whole body, and lays it open to the entrance of disease; while impure thoughts, even if not physically indulged, will soon shatter the nervous system.

Strong, pure, and happy thoughts build up the body in vigor and grace. The body is a delicate and plastic instrument, which responds readily to the thoughts by which it is impressed, and habits of thought will produce their own effects, good or bad, upon it.

Men will continue to have impure and poisoned blood so long as they propagate unclean thoughts. Out of a clean heart comes a clean life and a clean body. Out of a defiled mind proceeds a defiled life and corrupt body. Thought is the fountain of action, life and manifestation; make the fountain pure, and all will be pure.

Change of diet will not help a man who will not change his thoughts. When a man makes his thoughts pure, he no longer desires impure food.

If you would perfect your body, guard your mind. If you would renew your body, beautify your mind. Thoughts of malice, envy, disappointment, despondency, rob the body of its health and grace. A sour face does not come by chance; it is made by sour thoughts. Wrinkles that mar are drawn by folly, passion, pride.

I know a woman of ninety-six who has the bright, innocent face of a girl. I know a man well under middle age whose face is drawn into inharmonious contours. The one is the result of a sweet and sunny disposition; the other is the outcome of passion and discontent.

As you cannot have a sweet and wholesome abode unless you admit the air and sunshine freely into your rooms, so a strong body and a bright, happy, or serene countenance can only result from the free admittance into the mind of thoughts of joy and good will and serenity.

On the faces of the aged there are wrinkles made by sympathy, others by strong and pure thought, others are carved by passion. Who cannot distinguish them? With those who have lived righteously, age is calm, peaceful, and softly mellowed, like the setting sun. I have recently seen a philosopher on his deathbed. He was not old except in years. He died as sweetly and peacefully as he had lived.

There is no physician like cheerful thought for dissipating the ills of the body; there is no comforter to compare with good will for dispersing the shadows of grief and sorrow. To live continually in thoughts of ill will, cynicism, suspicion, and envy, is to be confined in a self-made prison hole. But to think well of all, to be cheerful with all, to patiently learn to find the good in all - such unselfish thoughts are the very portals of heaven; and to dwell day to day in thoughts of peace toward every creature will bring abounding peace to their possessor.

**To download the full version of
“As A Man Thinketh” by James Allen
for FREE go to**

<http://www.parent.co.za/books.asp>

Peace with God is more valuable than Health and Riches.

1

God LOVES you and offers a wonderful PLAN for your life.



God's Love

"God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish, but have eternal life" (John 3:16 NIV).

God's Plan

[Christ speaking] *"I came that they might have life, and might have it abundantly" [that it might be full and meaningful] (John 10:10).*

Why is it that most people are not experiencing the abundant life?
Because...

2

Man is SINFUL and SEPARATED from God. He cannot experience God's love.



Man Is Sinful

"All have sinned and fall short of the glory of God" (Romans 3:23).

Man was created to have fellowship with God; but, because of his stubborn self-will, he chose to go his own independent way, and fellowship with God was broken. This self-will, characterised by an attitude of active rebellion or passive indifference, is evidence of what the Bible calls sin.

Man Is Separated

"The wages of sin is death" [spiritual separation from God] (Romans 6:23).

This diagram illustrates that God is holy and man is sinful. A great gulf separates the two. The arrows illustrate that man is continually trying to reach God and the abundant life through his own efforts, such as a good life, philosophy, or religion — but he inevitably fails.

The third law explains the only way to bridge this gulf...



3

Jesus Christ is God's ONLY provision for man's sin.



He Died in Our Place

"God demonstrates His own love toward us, in that while we were yet sinners, Christ died for us" (Romans 5:8).

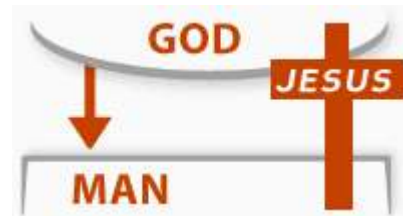
He Rose From the Dead

"Christ died for our sins...He was buried...He was raised on the third day, according to the Scriptures...He appeared to Peter, then to the twelve. After that He appeared to more than five hundred..." (1 Corinthians 15:3-6).

He Is the Only Way to God

"Jesus said to him, 'I am the way, and the truth, and the life; no one comes to the Father, but through Me'" (John 14:6).

This diagram illustrates that God has bridged the gulf that separates us from Him by sending His Son, Jesus Christ, to die on the cross in our place to pay the penalty for our sins.



It is not enough just to know these three laws.

4

We must individually RECEIVE Jesus Christ as Savior and Lord.



We Must Receive Christ

"As many as received Him, to them He gave the right to become children of God, even to those who believe in His name" (John 1:12).

We Receive Christ Through Faith

"By grace you have been saved through faith; and that not of yourselves, it is the gift of God; not as a result of works, that no one should boast" (Ephesians 2:8,9).


When We Receive Christ, We Experience a New Birth

"Jesus declared, 'I tell you the truth, no one can see the kingdom of God unless he is born again.'" (John 3:3).

We Receive Christ by Personal Invitation


[Christ speaking] *"Behold, I stand at the door and knock; if any one hears My voice and opens the door, I will come in to him."* (Revelation 3:20)

These two circles represent two kinds of lives:



1. The Self-directed life

Self is on the throne. Interests are directed by self, resulting in discord and frustration. Christ is outside the person's life.



2. The Christ-directed life

Christ is on the throne. Self is yielding to Christ. Interests are directed by Christ, resulting in harmony with God's plan.

Which circle best describes your life?

Which circle would you like to have represent your life?

God knows your heart and is not as concerned with your words as He is with the attitude of your heart.

Would you like to pray our suggested prayer coming up below?

Knowing Jesus Personally

Choosing to submit your life to God is the most significant decision you can ever make. This choice involves more than simple intellectual agreement that Jesus is God and that He died on the cross to pay the penalty for your sins. Becoming a Christian also requires that you commit the rest of your life to God, to do what He asks of you and to live in accordance with His principles. This decision is not something to be taken lightly. It requires sacrifice and a total reorientation of your life around God rather than yourself. As Jesus said,

“If anyone would come after me, he must deny himself and take up his cross daily and follow me” (Luke 9:23).

If you feel you are ready to make this commitment, you can do so right now by telling God you are sorry for your past mistakes, putting your trust in Him and asking Him to make you into the person He created you to be. This step involves faith. You probably still have a number of unanswered questions at this point. But you must be willing to make the decision based on what you know right now and trust God to fill in the details later.

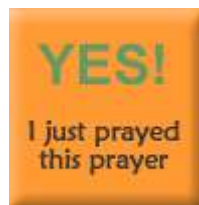
The precise words you use to commit yourself to God are not important. He knows the intentions of your heart. Your prayer can be as simple as “Help!” or it can focus on an issue that is specific to your situation. If you are unsure of what to pray, use the prayer below.



Giving your life to Jesus is an act of faith that you can express through prayer.

Praying is simply talking to God. He knows you. What matters is the attitude of your heart, your honesty. We suggest you pray the following prayer:

“Lord Jesus, I thank you for your love and that you came into the world to die for me. I confess that I have directed my own life and that I have therefore sinned against God. I now want to put my trust in you and receive you in my life. Thank you for forgiving my sins. Make me the person you want me to be. I thank you that you answered my prayer and that you are now in my life. Amen.”



email to: trevorfarley@lantic.net

or

If you would like to ask a question first, [click here](#)

By praying the above prayer — or one similar to it — you have just taken a giant step toward making God the centre of your life. But these are just the words. What follows is a lifelong journey of change and growth as you get to know God better through Bible reading, prayer and interacting with other Christians.

Adapted from <http://www.secretsofsuccess.com/simple/article/secret1.html>

Scriptures to Encourage You

[Faith Scriptures](#)

(Psa 27:14) Trust in the LORD. Have **faith**, do not despair. Trust in the LORD.

(Psa 112:7) He is not afraid of receiving bad news; his **faith** is strong, and he trusts in the LORD.

(Mat 9:2) And behold, they brought to Him a man paralyzed and prostrated by illness, lying on a sleeping pad; and when Jesus saw their **faith**, He said to the paralyzed man, Take courage, son; your sins are forgiven and the penalty remitted.

(Mat 9:22) Jesus turned around and, seeing her, He said, Take courage, daughter! Your **faith** has made you well. And at once the woman was restored to health.

(Mat 9:29) Then He touched their eyes, saying, According to your **faith** and trust and reliance [*on the power invested in Me*] be it done to you;

(Mat 17:20) He said to them, Because of the littleness of your **faith** [*that is, your lack of firmly relying trust*]. For truly I say to you, if you have **faith** [*that is living*] like a grain of mustard seed, you can say to this mountain, Move from here to yonder place, and it will move; and nothing will be impossible to you.

(Mat 21:22) And whatever you ask for in prayer, having **faith** and [*really*] believing, you will receive.

(Luk 5:20) And when He saw [*their confidence in Him, springing from*] their **faith**, He said, Man, your sins are forgiven you!

(Rom 3:28) For we hold that a man is justified and made upright by **faith** independent of and distinctly apart from good deeds (works of the Law). [*The observance of the Law has nothing to do with justification.*]

(Rom 5:1) THEREFORE, SINCE we are justified (acquitted, declared righteous, and given a right standing with God) through **faith**, let us [*grasp the fact that we*] have [*the peace of reconciliation to hold and to enjoy*] peace with God through our Lord Jesus Christ (the Messiah, the Anointed One).

(Rom 10:10) For with the heart a person believes (adheres to, trusts in, and relies on Christ) and so is justified (declared righteous, acceptable to God), and with the mouth he confesses (declares openly and speaks out freely his **faith**) and confirms [*his*] salvation.

(Rom 10:17) So **faith** comes by hearing [*what is told*], and what is heard comes by the preaching [*of the message that came from the lips*] of Christ (the Messiah Himself).

(Rom 12:3) For by the grace (unmerited favor of God) given to me I warn everyone among you not to estimate and think of himself more highly than he ought [*not to have an exaggerated opinion of his own importance*], but to rate his ability with sober judgment, each according to the degree of **faith** apportioned by God to him.

(1Co 2:5) So that your **faith** might not rest in the wisdom of men (human philosophy), but in the power of God.

(2Co 5:7) For we walk by **faith** [*we regulate our lives and conduct ourselves by our conviction or belief respecting man's relationship to God and divine things, with trust and holy fervor; thus we walk*] not by sight or appearance.

(2Ti 4:7) I have fought the good (worthy, honorable, and noble) fight, I have finished the race, I have kept (firmly held) the **faith**.

(Heb 11:1) NOW **FAITH** is the assurance (the confirmation, the title deed) of the things [*we*] hope for, being the proof of things [*we*] do not see and the conviction of their reality [**faith** *perceiving as real fact what is not revealed to the senses*].

(Heb 11:6) But without **faith** it is impossible to please and be satisfactory to Him. For whoever would come near to God must [*necessarily*] believe that God exists and that He is the rewarder of those who earnestly and diligently seek Him [*out*].

(Jam 1:3) Be assured and understand that the trial and proving of your **faith** bring out endurance and steadfastness and patience.

(Jam 1:6) Only it must be in **faith** that he asks with no wavering (no hesitating, no doubting). For the one who wavers (hesitates, doubts) is like the billowing surge out at sea that is blown hither and thither and tossed by the wind.

(Jam 5:15) And the prayer [*that is*] of **faith** will save him who is sick, and the Lord will restore him; and if he has committed sins, he will be forgiven.

Fear Scriptures

(Psa 23:4) Yea, though I walk through the valley of the shadow of death, I will **fear** no evil: for thou *art* with me; thy rod and thy staff they comfort me.

(Psa 34:7) The angel of the LORD encampeth round about them that **fear** him, and delivereth them.

(Psa 111:10) The **fear** of the LORD *is* the beginning of wisdom: a good understanding have all they that do *his commandments*: his praise endureth for ever.

(Pro 14:27) The **fear** of the LORD *is* a fountain of life, to depart from the snares of death.

(Pro 15:16) Better *is* little with the **fear** of the LORD than great treasure and trouble therewith.

(Mat 10:28) And **fear** not them which kill the body, but are not able to kill the soul: but rather **fear** him which is able to destroy both soul and body in hell.

(Luk 12:7) But even the very hairs of your head are all numbered. **Fear** not therefore: ye are of more value than many sparrows.

(Rom 8:15) For ye have not received the spirit of bondage again to **fear**; but ye have received the Spirit of adoption, whereby we cry, Abba, Father.

(2Ti 1:7) For God hath not given us the spirit of **fear**; but of power, and of love, and of a sound mind.

(Heb 13:6) So that we may boldly say, The Lord *is* my helper, and I will not **fear** what man shall do unto me.

(1Jo 4:18) There is no **fear** in love; but perfect love casteth out **fear**: because **fear** hath torment. He that feareth is not made perfect in love.

Anxiety and Anxious Scriptures

(Pro 12:25) **Anxiety** in a man's heart weighs it down, but an encouraging word makes it glad. [Ps. 50:4; Prov. 15:13.]

(Mat 6:27) And who of you by worrying and being **anxious** can add one unit of measure (cubit) to his stature or to the span of his life? [Ps. 39:5-7.]

(1Co 7:32) My desire is to have you free from all **anxiety** and distressing care...

(Phi 4:6) Do not fret or have any **anxiety** about anything, but in every circumstance and in everything, by prayer and petition (definite requests), with thanksgiving, continue to make your wants known to God.

Worry Scriptures

(Psa 37:8) Don't give in to **worry** or anger; it only leads to trouble.

(Pro 12:25) **Worry** can rob you of happiness, but kind words will cheer you up.

(Mat 6:34) So do not **worry** about tomorrow; it will have enough worries of its own. There is no need to add to the troubles each day brings.

(Phi 4:6) Don't **worry** about anything, but in all your prayers ask God for what you need, always asking him with a thankful heart.

Success Scriptures

I answered, "The God of Heaven will give us **success**. We are his servants, and we are going to start building. But you have no right to any property in Jerusalem, and you have no share in its traditions."

(Neh 2:20 GNB)

Lord our God, may your blessings be with us. Give us **success** in all we do!

(Psa 90:17 GNB)

I am the one who spoke and called him; I led him out and gave him **success**.

(Isa 48:15 GNB)

Successful Scriptures

The LORD was with Joseph and made him **successful**. He lived in the house of his Egyptian master,

(Gen 39:2 GNB)

who saw that the LORD was with Joseph and had made him **successful** in everything he did.

(Gen 39:3 GNB)

Be sure that the book of the Law is always read in your worship. Study it day and night, and make sure that you obey everything written in it. Then you will be prosperous and **successful**.
(Jos 1:8 GNB)

If you obey all the laws which the LORD gave to Moses for Israel, you will be **successful**. Be determined and confident, and don't let anything make you afraid.
(1Ch 22:13 GNB)

Ask the LORD to bless your plans, and you will be **successful** in carrying them out.
(Pro 16:3 GNB)

Pay attention to what you are taught, and you will be **successful**; trust in the LORD and you will be happy.
(Pro 16:20 GNB)

Faithful Scriptures

Remember that the LORD your God is the only God and that he is **faithful**. He will keep his covenant and show his constant love to a thousand generations of those who love him and obey his commands,
(Deu 7:9 GNB)

But God will never abandon the **faithful** or ever give help to evil people.
(Job 8:20 GNB)

O LORD, you are **faithful** to those who are **faithful** to you; completely good to those who are perfect.
(Psa 18:25 GNB)

I place myself in your care. You will save me, LORD; you are a **faithful** God.
(Psa 31:5 GNB)

But you, O Lord, are a merciful and loving God, always patient, always kind and **faithful**.
(Psa 86:15 GNB)

Whoever is **faithful** in small matters will be **faithful** in large ones; whoever is dishonest in small matters will be dishonest in large ones.
(Luk 16:10 GNB)

But the Lord is **faithful**, and he will strengthen you and keep you safe from the Evil One.
(2Th 3:3 GNB)

If we are not **faithful**, he remains **faithful**, because he cannot be false to himself."
(2Ti 2:13 GNB)

Happy are those who remain **faithful** under trials, because when they succeed in passing such a test, they will receive as their reward the life which God has promised to those who love him.
(Jam 1:12 GNB)

Don't be afraid of anything you are about to suffer. Listen! The Devil will put you to the test by having some of you thrown into prison, and your troubles will last ten days. Be **faithful** to me, even if it means death, and I will give you life as your prize of victory.
(Rev 2:10 GNB)