

## Day 5:

### Scripture: John 15:5

#### Six Steps Toward Strength in Christ

So, how do we find strength in Christ when anxiety grips us? Here are six steps that we can take to find strength in Him! You'll find two today and four tomorrow.

1. **Name it!** When we are being haunted or chased down by fear, anxiety, or depression we must name these things as our enemy.

Identify what is true about you and this consuming emotion: "I am full of fear. This fear wants to control me, capture me, and torture me. I refuse to give way to fear." Name it--call it *fear* (or anxiety or depression. . . .).

2. **Give it to Christ.** After we call it what it is, we rally around the truth that says this emotion contradicts God's goodness towards us. We say, "I do not give power to this fear. Rather, I choose to rest upon Christ and his love for me. I give this fear to Him."

This might be the most rigorous part of the trusting process. One friend who is brilliantly growing in her faith has been learning how to run to Christ immediately when she begins to spiral into fear. She said to me recently, "I feel like such a nag to Jesus! I mean, I need His help constantly!" I responded, "What a delight you must be to His heart. You recognize that He is your strong tower and refuge in these moments of need!" Though this process is arduous, my friend is growing resilient in her faith and modeling John 15:5, where Jesus says, "Apart from me you can do nothing!"