

EDGE GOD IN

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Dear Lord, we stand in the midst of unsafe and insecure events that deeply trouble our hearts and shake our foundation of confidence. Help us Lord to lean our entire sense of security into you so much so that we feel the resurrected strength of your presence within us in every thought and action. Now is the time to let our light shine before men so that they may see our good works in the midst of darkness and give you glory. Awake Oh sleeper and rise from the dead and Christ will shine on you. Help us to outshine the darkness Lord, to rise up and stand for what is good, right, true, beautiful, excellent and praise worthy. Help us to hold our peace, lean into your strength, for you are our refuge and fortress. Protect us from evil and charge your angels over us. Replace all fear with confidence that you are faithful and will never leave us or forsake us so we will declare: "the Lord is my helper, I will not be afraid." Remind the fragility of our flesh what our soul always knows: "Do not be afraid of those who kill the body but cannot kill the soul. Rather be afraid of the One who can destroy both soul and body in hell." Remind our mind of this very thing, that you have begun a good work in us and will perform it until the day of Jesus Christ. Comfort all who mourn tonight, and as the rose appears in the midst of thorns help us to remember that you do your greatest work in the darkest nights, we are simply passing through as your ambassadors, make your appeal through us.

Edge God In Podcast Week 19: How to Feel Secure in the Midst of Insecurity

In the previous podcast: *Negativity Detox Step 2*, we explored high noticing around those negative behaviors that block our ability to make God recognizable in this world along with those behaviors that empower us to with the ability to OUTSHINE the darkness. In this Edge God In podcast you will learn specific scriptures and practices to help you reclaim your God given ability to rebuke the spiritual forces of evil attempting to rob you of Christ's peace by sabotaging your sense of safety and security through fear and anxiety.

Learn:

If you submerge a container in water without equalizing the pressure within, the container will begin to crush the deeper you go in the water. Why? Simply put, the force on the outside is greater than the force on the inside.

In order to override the fear and anxiety fueled by the recent public shootings, our point of reference for our sense of safety and security must flow directly from our identity in Christ. There is no other source that will give us the ability to maintain inner peace and

calm in the midst of chaos and darkness than the Prince of Peace and the Light of the World.

Now more than ever it is crucial for us to take every thought captive and make it obedient to Christ (2 Corinthians 10:5). Why? As a man or woman thinks, their body will follow.

Stress is the power we give to outside circumstance to define our sense of safety, worth/value and connection. As we give outside circumstance more authority than the power of God within us we render ourselves vulnerable to emotional turmoil. In order to override our fears, we must step into 1 John 4:4, zip it up around us and allow it to pour into our emotional acuity: *“Greater is He who lives inside of me than He who lives in the world.”*

In light of the recent tragedies another verse worthy of our memory is Matthew 10:28: *“Do not be afraid of those who kill the body but cannot kill the soul. Rather, be afraid of the One who can destroy both soul and body in hell.”*

There is a psychological practice called, “cognitive reframing” that involves stepping back from your fear and focusing on what you know, making a conscious shift in your mental perspective from fear to faith. As you step back from your anxiety fueled by recent public traumas and focus on what you know to be true about God’s promises to you, fear begins to lose its grip on you and you expand your identity in Christ who is perfect love and casts out all fear.

Overcoming stress and anxiety involves identifying and adjusting those perceptions that do not align with your heritage in Christ: *“No weapon that is formed against you shall prosper; and every tongue that shall rise against you in judgment you shall condemn. This is the heritage of the servants of the Lord, and their righteousness (the quality of being right or justifiable) is of Me.”* Isaiah 54:17

With that said, whatever you resist persists, it is also important to give yourself permission to feel any and every emotion without judgement, invite the Holy Spirit into your feelings. An emotion is your body’s response to your thought life. Allow yourself to feel what you feel as you sit with scripture that ignites a ray of light in the midst of darkness as Jesus did in the desert. When Jesus was face to face with evil He used scripture to bind, rebuke and cast out the forces of evil coming against him. In the Garden of Gethsemane, Jesus was able to enter His passion through the surrendering of His will to His Father’s will: *“Father, if you are willing, take this cup from me; yet not my will but yours be done.”* Luke 22:42

Reflect: Scriptures that Anchor Safety and Security:

- *Fear not: for I have redeemed you, I have called you by your name; you are Mine. When you pass through the waters, I will be with you; and through the rivers, they shall not overflow you: when you walk through the fire, you shall*

not be burned: neither shall the flame kindle upon you. For I am the Lord your God, the Holy One of Israel, your Savior. – Isaiah 43: 1-3

- *God is our refuge and strength, a very present help in trouble. Therefore, we will not fear, though the earth be removed, and though the mountains be carried into the middle of the sea. – Psalm 46:1-2*
- *And Moses said to the people, “Fear you not, stand still, and see the salvation of the Lord, which He will show to you today: for the Egyptians whom you have seen today, you shall see them again no more forever. The Lord shall fight for you, and you shall hold your peace.” – Exodus 14:13-14*
- *The Lord is my rock, and my fortress and my deliverer; my God, my strength, in Whom I will trust; my buckler, and the horn of my salvation, and my high tower. I will call upon the Lord, who is worthy to be praised: so shall I be saved from my enemies. – Psalm 18:2-3*
- *He that dwells in the secret place of the most High shall abide under the shadow of the Almighty. I will say of the Lord, He is my refuge and my fortress: my God in Him will I trust. There shall no evil befall you, neither shall any plague come near your dwelling. For He shall give his angels charge over you, to keep you in all your ways. They shall bear you up in their hands, lest you dash your foot against a stone. – Psalm 91: 1-2; 10-12*
- *For the Lord shall be your confidence, and shall keep your foot from being taken. – Proverbs 3:26*
- *Fear not; for I am with you: be not dismayed; for I am your God: I will strengthen you; yes I will help you; yes I will uphold you with the right hand of My righteousness. – Isaiah 41:10*
- *And I give unto them eternal life; and they shall never perish, neither shall any man pluck them out of My hand. My Father, which gave them to Me, is greater than all; and no man is able to pluck them out of My Father’s hand. – John 10: 28-29*
- *“No weapon that is formed against you shall prosper; and every tongue that shall rise against you in judgment you shall be condemned. This is the heritage of the servants of the Lord, and their righteousness is of Me,” says the Lord. – Isaiah 54:17*

- *For He has said, "I will never leave you, nor forsake you." So that we may boldly say, "The Lord is my Helper," and I will not fear what man shall do to me. – Hebrews 13:5-6*
- *Do not be afraid of those who kill the body but cannot kill the soul. Rather, be afraid of the One who can destroy both soul and body in hell. – Matthew 10:28*

Identify & Integrate:

Re-read the above verses. Identify 3 scriptures that speak directly to you. *"Holy Spirit as I read through the scriptures above help me to be thoughtfully attentive to the word of God that helps me remember that the strength within me is greater than exterior circumstances."* Write those scriptures down and pray them into your life. For example, let's say Matthew 10:28 is one of your scriptures: *"Dear God grant me the grace of confidence and courage as I step away from fearing those who can kill the body and lean into trusting in you and living in reverence of your Sovereignty in my life and those I love. Replace any fear I am storing in my heart with your love and safety as I entrust my life and the lives of those I love into your care."*

- How will my belief in these specific scriptures strengthen my confidence in God's care for me and those I love?
- How have the recent public shootings shifted my sense of security in public places?
- Do I experience more anxiety around my own safety or the safety of those I love?
- When I do drift into stress or anxiety in public places what do I want to remember ahead of time before stepping into those situations to help me feel more confident?
- What do I need to remember in order to increase my confidence and security in God's protection and care in my life and the lives of those I love?

Maintain:

- As you become aware of anxiety associated with public places calm your body down through deep breathing along with tapping on your thymus which is located two inches down below the U-shaped dip in your neck. This area is one of many self-soothing spots on the body that releases a calming effect within your system. Because stress manifests itself in your biology it must be addressed at the source of expression: your body. As you tap on your thymus area simply declare: "I have faith and confidence in God, my future is secure, I am secure...God is with me." Continue to repeat at least three times as you breathe deeply.

- Memorize 3 scriptures that landed in your heart from today's study. Proclaim them out loud and declare the power of God's word in and over your life and the lives of those you love. After you have stored them in your heart, re-read the list of scriptures and pray for 3 more that the Holy Spirit can use to anchor your sense of safety in God in the midst of insecurity in the world around you.
- Prayerfully invite the Lord to reveal to you your give back project today. Often times in the midst of trauma and tragedy taking positive forward action steps to outshine the darkness can anchor a sense of safety. Gathering several people together to initiate a give back project can also lead to a sense of safety and connection which helps you remember you are not alone. Just as Jesus sent out His disciples together to spread the gospel and do good in His name, so He sends us out to be the light of His presence in the darkness.
- Practice cognitive reframing. Step back from your fears as you shift your perceptions around the source of your safety and protection. Remember what you know to be true as a follower of Christ: *"I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me."* Galatians 2:20
- Explore the Emotional Freedom Technique to help release any persistent biological expressions of fear, anxiety and stress. [CLICK HERE](#) for a quick 10-minute demonstration. You can declare the Holy Scriptures while you tap on these points to calm your body's response to your thought life. *"Be transformed by the renewing of your mind."* Romans 12:1

Dear God, I know that you call me out of darkness into light. May each word and behavior this week shine forth the light of your presence in the midst of darkness. I want to be your ambassador in word, thought, deed and action so that when you call me home, my colors will be clear as I declare you as my peace and confidence. I am your child and with you I lack nothing. Help me to think about you 24-7 and close the gap between my ability to hear and respond to your voice behind me saying, "this is the way walk in it." I declare victory over fear and doubt, anxiety and worry as I allow the light of your love and presence to outshine the darkness that surrounds me. Use me to play a part in anchoring security through a message of hope, confidence and love in the lives of those you have entrusted to my care.

Surround yourself with people who make you a better person in life