

LIFE Huddle: *Getting together to talk through issues of life*

Paper Lions

Over 40 million people in America struggle with anxiety.

Fear about the past or anxiety about the future will affect and control how we live our lives. Fear and anxiety has caused an all time high in prescription medicines.

Paper Lions: Superficially powerful but are prone to overextension that leads to sudden collapse.

Mao Zedong, famed dictator of China, coined a phrase known as "Paper Tigers" which refers to something that seems threatening but is ineffectual and unable to withstand challenge.

The Bible says "Fear Not" 365 times as God understood what you would be dealing with every day of the year.

Psalms 91:9-10 "If you say, "The Lord is my refuge," and you make the Most High your dwelling, no harm will overtake you, no disaster will come near your tent.

2 Timothy 1:7 "God has not given you the spirit of fear but of power, love and a sound mind."

P2R (Point 2 Remember): *Fear cannot be tolerated, it must be thrown out or it will take over your life.*