

Spiritual Training Part 6

Overcoming Self-Pity and Fear of People

Let's talk about something that can really hold us back in our spiritual journey, self-pity and fear of people. These two things can be sneaky, creeping into our thoughts and actions without us even realizing it. But here's the good news: we don't have to stay stuck in them. There's a way forward, and it's rooted in faith, courage, and trust in God.

The Bigger Picture

First, let's zoom out a bit. Life isn't just about the physical stuff we see every day. There are two realms—the seen and the unseen. What happens in the spiritual realm has real consequences in the physical world. Whether it's light or darkness, you can see their results in how people live, act, and respond to challenges.

There are **two destinations** for every soul:

1. Being with Jesus forever.
2. Being apart from Him in the lake of fire.

That's heavy, but it's also a reminder of what's truly at stake. We're not just living for ourselves; we're part of a bigger mission to bring people closer to Jesus.

Operating in the Supernatural

People like Moses and Elisha showed us how to operate in the supernatural while dealing with physical situations. Remember Moses? God asked him, "What's in your hand?" It was just a rod—nothing fancy—but God used it for miraculous things. That account reminds us to use what we already have—His Word. Hold onto your Bible and trust that God equips you with everything you need.

Fear often keeps us from stepping into the supernatural, but God doesn't want us to be afraid. He'll teach us and guide us as we learn to walk in faith. That's why studying His Word is so important—it keeps us grounded and prevents us from getting off track.

The Enemy's Deception

Here's something to think about: Why would Satan bother with someone who's already headed for destruction? The truth is, he doesn't need to. Instead, he keeps them comfortable—safe, successful, and unaware of their need for Jesus. It's a dangerous place to be because when life feels perfect, people don't see their need for a Savior.

Problems, on the other hand, often lead people to seek deliverance. Just like the Israelites cried out for help under Pharaoh's oppression, people today turn to Jesus when they face challenges. That's why our prayers shouldn't just be for people to have an easy life but for them to recognize their need for Him.

Fear of People

Let's talk about fear—specifically, fear of people. **Proverbs 29:25** says, “The fear of man brings a snare.” When we're afraid of others, it holds us back from stepping into what God calls us to do. Elijah is a perfect example. After his incredible victory on Mount Carmel, he ran away in fear when Jezebel threatened him. Imagine that—he had just seen God move powerfully, yet fear caused him to hide.

Fear makes us forget the bigger picture—that God is with us and we're not alone. Even Elijah thought he was the only prophet left, but God reminded him that there were 7,000 others who hadn't bowed to Baal. Similarly, **Acts 18:10** tells us that God has many people in every city who are committed to Him.

So, don't let fear stop you. Trust that God has your back and that you're not fighting alone.

Self-Pity: A Spiritual Detour

Now let's tackle self-pity—it's like quicksand for your spiritual growth. When we dwell on our own struggles or feel like we're the only ones carrying the load, we're essentially spinning our wheels without moving forward.

Elijah fell into this trap too. In **1 Kings 19:10**, he told God, “I've worked so hard, but I'm the only one left, and now they're trying to kill me!” That's classic self-pity—focusing on his own hardships instead of trusting God's plan.

We've all had moments where we throw ourselves a pity party:

- “I'm the only one who works hard.”
- “No one appreciates me.”
- “Why do I even bother?”

Sound familiar? These thoughts might feel valid in the moment, but they don't help us grow. Self-pity keeps us stuck in negativity when God is calling us to rise above it.

The Way Forward

So how do we overcome self-pity and fear? Here are some practical steps:

- 1. Focus on God's Word:** Use what you have—His promises—and operate in faith.
- 2. Remember You're Not Alone:** Just like Elijah wasn't the only prophet left, you're surrounded by others who are praying and standing firm in their faith.
- 3. Pray with Purpose:** Don't just pray for comfort; pray for people to recognize their need for Jesus.
- 4. Step Out Boldly:** Don't let fear of people hold you back from what God is calling you to do.
- 5. Redirect Your Thoughts:** When self-pity creeps in, remind yourself of God's faithfulness and His bigger plan for your life.

Final Thoughts

Life can be tough, and it's easy to feel overwhelmed by fear or bogged down by self-pity. **But remember this:** You're part of something bigger than yourself, a kingdom mission that advances light into darkness. Problems may come, but they can also be opportunities for people (including you!) to draw closer to Jesus.

So don't let fear or self-pity steal your joy or derail your spiritual growth. Trust God, lean into His Word, and keep moving forward with confidence.

Stay strong in Jesus' name!

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