



UNDER HIS WINGS

SEASON 1

EPISODE 9—FAITH OVER FEAR

SHOW NOTE HIGHLIGHTS

In this episode we talk about the chaos and fear we face in our lives, and how we can overcome this chaos and fear with faith and hope in Christ.

Teacher, do you not care that we are perishing?” He woke up and rebuked the wind, and said to the sea, “Peace! Be still!” Then the wind ceased, and there was a dead calm. He said to them, “Why are you afraid? Have you still no faith?” And they were filled with great awe and said to one another, “Who then is this, that even the wind and the sea obey him?” Mark 4:35-41

Be the change we want to see in the world.” We are told over and over again in scripture to fear not...Isaiah 41:10 Fear not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.

1. D&C 68:6 ...Be of good cheer, and do not fear, for I the Lord am with you, and will stand by you, and ye shall bear record of me, even Jesus Christ, that I am the Son of the living God, that I was, that I am, and that I am to come.”..

Geri's mantra: Whatever they have to go through that eventually leads them to Christ will be worth it.”

Quentin L Cook “When we choose to follow Christ in faith rather than choosing another path out of fear, we are blessed with a consequence that is consistent with our choices.

President Nelson and what he tells us is this .” But what is equally crucial is our need to fill our personal spiritual storehouses with faith, truth, and testimony

Neil L Anderson “Fear and faith cannot coexist in our hearts at the same time”.

Pres Nelson “Our focus must be riveted on the Savior and His gospel. It is mentally rigorous to strive to look unto Him in every thought. But when we do, our doubts and fears flee.”

Elder Giminez said, “As I have seen the storms that affect people’s lives, I have concluded that no matter what kind of storm is battering us—regardless of whether there is a solution to it or whether there is an end in sight—there is only one refuge, and it is the same for all types of storms. This single refuge provided by our Heavenly Father is our Lord Jesus Christ and His Atonement.” When faced with these storms, we often experience feelings of despair or fear. President Russell M. Nelson said, ‘Faith is the antidote for fear’—faith in our Lord Jesus Christ”. (“*Let Your Faith Show,*” *Ensign or Liahona*, May 2014, 29). Elder Giminez *GCApril 2020* said

Dieter F Uchtdor There are times when we have to step into the darkness in faith, confident that God will place solid ground beneath our feet once we do.

1. Elder Rasband talk: Be Not Troubled)
2. <https://www.churchofjesuschrist.org/study/general-conference/2018/10/be-not-troubled?lang=eng>

<https://www.churchofjesuschrist.org/study/general-conference/2020/04/45nelson?lang=eng>