An EBOOK
to help you overcome unhealthy fears…
By Christopher “Brett” Cooper
Introduction

7 Thus says the Lord of hosts, “Consider your ways! 8 Go up to the mountains, bring wood and rebuild the temple, that I may be pleased with it and be glorified,” says the Lord. 9 “You look for much, but behold, it comes to little; when you bring it home, I blow it away. Why?” declares the Lord of hosts, “Because of My house which lies desolate, while each of you runs to his own house. 10 Therefore, because of you the sky has withheld its dew and the earth has withheld its produce. 11 I called for a drought on the land, on the mountains, on the grain, on the new wine, on the oil, on what the ground produces, on men, on cattle, and on all the labor of your hands.”

12 Then Zerubbabel the son of Shealtiel, and Joshua the son of Jehozadak, the high priest, with all the remnant of the people, obeyed the voice of the Lord their God and the words of Haggai the prophet, as the Lord their God had sent him. And the people showed reverence for the Lord. 13 Then Haggai, the messenger of the Lord, spoke by the commission of the Lord to the people saying, “I am with you,” declares the Lord.” 14 So the Lord stirred up the spirit of Zerubbabel the son of Shealtiel, governor of Judah, and the spirit of Joshua the son of Jehozadak, the high priest, and the spirit of all the remnant of the people; and they came and worked on the house of the Lord of hosts, their God, 15 on the twenty-fourth day of the sixth month in the second year of Darius the king.

Haggai 1:12-15

Imagine what it must have been like to be one of the remnant of the people in Jerusalem as they rebuilt the city in the 5th Century BC. As one of those individuals you would have spoken to grandparents who told you stories of the cities former glory. They may have been holding onto the prophesies of Jeremiah who spoke of a day when they would return and embrace God’s perfect plan (Jeremiah 29:10-12) as they told you about what God could and would do. As one of these individuals, you may have listened as your parents told you about a prophet named Ezekiel who helped them understand what went wrong and what was going to go right (Ezekiel 17:1-10 & 37:1-14). They may have spoken to you about how God strategically positioned Daniel in a high place of Government to watch over the Children of Israel as they lived in Babylon and Persia (Daniel Chapters 1-6). You would have understood the influence of Queen Esther who was willing to put her life on the line for your protection and God’s glory (Esther 4-6). You would have been under the Governing of Zerubbabel as Haggai called you all back to the work. You would have needed to embrace bravery as you overcame fears that tried to hold you back.

We are in a very similar position today as we listen to our parents and grandparents telling us about how much influence the church used to have as we look upon the land today. But, we must realize that one whisper from God can bring believers away from their personal building projects, out of a position of false comfort and into the call of God! Being brave starts when someone has the courage to step away from building their own personal kingdom. The life of a believer is not about building a safe zone. It’s about moving into harms way and bring people out. Being brave is not about comfort. Being brave is about overcoming fears and trusting God. That’s not a comfortable thing. Brave believers move into the place where God is calling them.
BE BRAVE BECAUSE YOU’RE NOT THE ONE FIGHTING

13 But Moses said to the people, “Do not fear! Stand by and see the salvation of the Lord which He will accomplish for you today; for the Egyptians whom you have seen today, you will never see them again forever. 14 The Lord will fight for you while you keep silent.”
15 Then the Lord said to Moses, “Why are you crying out to Me? Tell the sons of Israel to go forward.

Exodus 14:13-15

Put yourself in that moment as one of the children of Israel. Imagine what it must have been like to walk away from the place that once held you captive as you walk into the place where you would be free to truly live. As you journey, you realize that God was the very one who was fighting for you. The children of Israel were no match for mighty Egypt. Yet, Egypt was no match for their God.

You might not be a match for the thing that is fighting you. It might be making you so angry that you are trying to fight back with your words, actions and the like. However, the thing that is fighting against you is no match for God. Turn it over to the Lord and see what He is capable of doing. You can be very bold and brave when you understand that God is the one fighting.

You don’t have to antagonize, have fits of rage, overpower through manipulation or even see who’s got your back when God is fighting the battle for you. It’s not your fight. It’s His fight!

There is no reason to waste your time antagonizing others when you know your going to win. You might be thinking, “hey, why not make fun of them?” Here’s the deal, we live in New Testament times and our enemy is not other people. Our enemy is Satan. Our goal is to see God win the battle and win over others for His Glory. It’s amazing when God wins the battle for us. It’s even better when the person fighting against us turns their life over to the Lord! So, your spouse is not your enemy. Realize that your co-workers are not your enemy. Even governmental leaders are not your enemy. They are all potential teammates in the future. Don’t antagonize when you’re already victorious.

I remember when I played college football. A lot of people did not know that I played football in college. It was a flag league, but hey, it was college football! We were all in college, playing football. We took it very serious. We antagonize each other. I remember one young man scoring a touchdown and yelling “forget all of y’all.” Actually, he did not use the word forget. It was another word that started with the same letter. He scored and yet he antagonized. Don’t be like my friend from college. When you know your winning, help those who have been against you understand why. Help them to know Christ. True bravery is to win and help those who stand against you to become a friend.

When you win an argument with someone because you had a fit of rage you end up with one winner and two losers. You may “win the argument” but both you are the one you are arguing with will lose. When your come down form the chemicals in your brain that drove you to act the way you did, you will notice that you feel terrible. You will realize when the
smoke clears and the dust settles that you have beaten yourself and the person standing near you. That’s not bravery. It’s insecurity masking itself as something powerful. If you choose that route you will lose ever time.

Fits of rage have been part of my life for a long time. I would love to tell you that I stopped them when I turned 18 years old. But I didn’t. I would like to announce that the day I became a follow of Jesus Christ that I stopped having fits of rage. But I can’t. It would be amazing to testify that the day I became a man and got a second job in a time of financial need I was freed up from acting like a child and having a fit. That would make a great men’s ministry message. However, I will not be the one delivering that message. It would be good to tell you that graduated from Emmanuel College, got married, was ordained, became a pastor, or when I became a parent I no longer suffered from fits of rage. I can’t tell you that because It’s not true. I can only tell you that the Holy Spirit has a hold of my heart right now and I am trusting Him for me to stay calm and trust God to fight my battles. I want true bravery. Not some cheap imposter.

You have no need to try to manipulate anyone when your bravery comes from the Holy Spirit. Manipulation has been used to gain false power for a long time and in many places. Satan started it when the world was young and it has continued and gained momentum. But the truth of God is a roadblock to manipulation. The day you choose that the Holy Spirit is the source of your bravery is the day you stop manipulating.

Manipulation is a seeker of company. It cloaks itself in what looks like helping friend. It looks for support. But, you don’t have to seek for people to have your back with God is in front of you. If your following the Lord, just keep going forward toward Him. The more you do, the more your will distance yourself from the crowd that embraces gossip and manipulation.

Being brave is about taking up your cross following Jesus Christ (Matthew 16:24-27). Following Jesus Christ is about giving up on your way and going God’s way. When you have that kind of bravery, God will fight your battles. It’s bravery that comes from God and fills up on the inside of you as He fights the battles that surround you. Take up your cross and follow Jesus Christ. This happens when you stop trying to go your own way and you start going God’s way.
BE BRAVE BECAUSE YOU’RE RUNNING IN THE RIGHT DIRECTION

1 When the prophets, Haggai the prophet and Zechariah the son of Iddo, prophesied to the Jews who were in Judah and Jerusalem in the name of the God of Israel, who was over them, 2 then Zerubbabel the son of Shealtiel and Jeshua the son of Jozadak arose and began to rebuild the house of God which is in Jerusalem; and the prophets of God were with them supporting them.

Ezra 5:1,2

Put yourself in that moment in history! What it must have been like to stand before the unfinished temple as the enemies around you attempt to stop you from ever returning to the work. To be under the Persian Empire with their powerful armies. To trust God when you feel like a small fish in a big pond. They key is that they chose to start moving again because they knew they where going in the right direction.

Sometimes in life things do not look like they are going to work out. They look impossible. That’s when you have to choose move forward because you know that you are going in the right direction. Being brave takes have knowledge of the right direction.

Make a choice today to continue your rebuilding project of being the person God always intended you to be, living a life of worship and accepting the support of those God has placed in your life to encourage you.

Continue the rebuilding project of being the person God always intended you to be. The design of God is for you to glorify Him, worship and live in relationship with Him. We are created for God’s glory. You truly are designed to bring God’s will to the earth. Every time we step outside of that designed purpose we operate outside of our design. Every time we operate with the character of God we are operating in our intended design. Things work best when you use them for what they were designed to do. So operate according to your design. We are a people who are built to worship God. The reason you feel so good when you really worship is because that’s what you are made to do. In that lifestyle we operate in a relationship with God. Adam walked with God in the cool of the day. We should learn from Adam’s early example and walk with God in relationship. When we do this we operate at our highest level in our relationship with every other individual in our lives. So rebuild you place/identity of worship.

For the Jews returning to their homeland from other parts of the Persian Empire, the temple was the place that represented their identity of worship. They were rebuilding the temple and restoring their system of worship. They were getting back to what God intended them to do. They faced opposition as they rebuilt. The same thing happens to anyone who attempts to rebuild worship. But, its worth every bit of opposition to live the life God plans for us to have.

We should live a life of worship from the inside out. The temple stood as a place that was most holy on the inside and reaching to those on the outside. At it’s core stood the Ark of the Covenant that represented God’s presence on the earth. In front of it was an inner court
where light and provision stood. In front of that stood an outer court where individuals prepared to approach. There was a open area where people could come in.

Your life should look like that temple as was being rebuilt by the Jews. You should have the Holy Spirit dwelling on the inside of you. The presence of God can live on the inside of you. You should be focused on living a holy life on the inside. Holiness on the inside in should move to an open door on the outside. People should see you as a sacrificial offering and place of cleansing. When people get around you they should feel closer to God because you have the Holy Spirit alive on the inside of you. Being brave is not a matter of acting religious, it’s a matter of being holy.

As you live a holy life from the inside out you should accept the support of those who God has placed in your life to encourage you on the outside. God puts leaders in your life to encourage you to live at a greater level. The more you connect to the Lord, the better you will recognize great leadership. When this happens, you should accept the way that leader pours into your life. This will build your level of bravery because you will be confident in the people who are leading the way in front of you. Stay in touch with God and be brave as you go into the place your being taken.

When an important building is destroyed, it needs to be rebuilt. That’s why the temple had to be rebuilt in Jerusalem. It was their place of worship. Many of us may feel like that temple. Parts of or even our whole life has been destroyed by something. The good news is that God can rebuild us. Jesus went to the cross and had His whole life destroyed so that ours could be rebuilt. So, we might get knocked down, but we should never stay down. Our bravery comes from being built up on the inside.
BE BRAVE BECAUSE GOD IS THE ONE CALLING YOU

1 Then I lifted up my eyes and looked, and behold, there was a man with a measuring line in his hand. 2 So I said, “Where are you going?” And he said to me, “To measure Jerusalem, to see how wide it is and how long it is.” 3 And behold, the angel who was speaking with me was going out, and another angel was coming out to meet him, 4 and said to him, “Run, speak to that young man, saying, ‘Jerusalem will be inhabited without walls because of the multitude of men and cattle within it. 5 For I,’ declares the Lord, ‘will be a wall of fire around her, and I will be the glory in her midst.’”

Zachariah 2:1-5

Put yourself in this moment: the moment when the Jews were coming back into the promised land and territory was being marked. They were part of something much larger than they could have ever imagined. They were rebuilding a kingdom that would expand into the entire world. They were laying the foundation for the coming of Jesus Christ (the most influential person the earth has ever seen). They were called and they had an amazing opportunity to live with confidence!

So often in life we limit the impact we can make with measurements based on our past, personal perspective and our idea of what’s possible. However, we really should move into life in a brave way by understanding what God has done in the past, moving to a new perspective of what God will do in this present moment and look forward to God moving us beyond the boundaries that are marked with the word “impossible.”

In order to understand what God can do in your future, it’s a good idea to explore what He did in the past. You see, the Bible is a history book filled with facts about how God moved people beyond their personal limitations and into their possibilities. The Bible is not a book of fairy-tales, it is a history book with real people, places and events. Here is a historical place for you. The Jews are a people who have made it through what no other people could have possibly make it through. That’s what happens when you are called by God, you are able to do what no one else can.

Hold your head up high and walk bravely into the calling of God. Know that you are on His mind, touching His heart and in His hands. God’s got you so step out in bravery once you know what God is calling you to do.

Change your perspective about what God can and will do in your present moment. It’s no mistake that you are reading these words. It’s not a mistake that you are doing what you are doing right now by focusing your attention on the LORD. Get in this present moment and realize that nothing is impossible with God. Your family members can get into what God is saying and doing. Your friend can turn to Him. Your life can take a turn for the better. You can overcome the challenges that you face. Nothing is impossible to the one who believes in the one true God. God will show you the first step in the right directions right now. Once you know what that step is you should take it.
Be brave by connecting to the call of God and taking a simple step of faith in the right direction. You’ve never lived this day before, you’ve never been this way before. Make the most of this opportunity and step forward.

Now take a long hard look at what stands in front of you. Realize that there is not boundary that you can not overcome. There is not a challenge that you can not face head on. As long as you know that you are called of God to do something you can overcome the challenges that you face. You can do the impossible. All things are possible with God.

Just imagine what it must have been like to be one of the Jews as they went back into the promised land. Back into Jerusalem with its walls burned and its market desolate. They walked out of powerful thriving cities in the Persian Empire to rebuild the city they were called by God. It must have looked impossible. But, God used them to rebuild it anyway.

Do you feel like that’s what your relationship with God looks like? Do you feel like you have so much building to do and so little time to do it? Have you ever felt like you’ve fallen behind and it will just be too hard to catch up? It’s not... Do not fear. Be brave and tackle your challenges with confidence. Now is the time to give it all to God and trust Him to give you the victory.