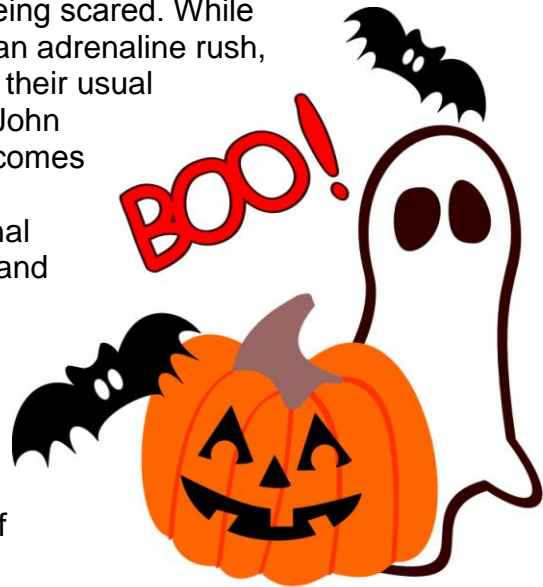


THE SCARY STUFF

This time of year, it's hard to ignore all the scary stuff on television, at the movies, and filling store shelves. In the United States, Christmas and Easter are still the most lucrative holidays, but Halloween is gaining fast. More than \$8 billion will be spent this year on candy, costumes and decorations.

Thrill-seekers aren't the only people who like being scared. While riding a roller coaster or skydiving can provide an adrenaline rush, other people seek simpler thrills to break out of their usual routine. Temple University assistant professor John Edward Campbell, Ph.D., says, "The pleasure comes from the relief that follows being frightened. It provides a cathartic effect, offering you emotional release and escape from the real world of bills and mortgages."

Researchers say one of the reasons people like feeling scared is because deep down they know there's no real danger (the exception, of course, is feeling scared in a life-threatening situation). It's more the sense of excitement than of fear.



Instead of getting caught up in the macabre, grotesque and scary stuff this time of year, God wants us to focus on Him (just like at every other time). He doesn't want us to live in fear. Jesus came to set us free from fear. In John 14:27, Jesus said: "Peace I leave with you. My peace I give to you. I do not give to you as the world gives. Your heart must not be troubled or fearful."

Because God is with us, we have no reason to fear. We may have moments of trepidation, but deep down we should know that with God on our side, we can live courageously.

So when you face fear, be courageous. Be bold. And make a difference for God.

– Beecher Hunter