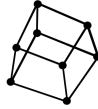




introduction



Not long ago the television show “Fear Factor” was a raging success with audiences. Contestants on this show competed for prizes by enduring the most horrendous, sickening assignments from jumping out of planes to high altitude stunts in wind storms to underwater races and challenges. They even ate unimaginable animal, plant and sea life while blindfolded. Audiences watched as people drove cars off platforms into the water, knowing that they themselves could never attempt such a feat. The shock value of this show was what kept people coming back to see what they could possibly dream up for next week’s program.

Unfortunately in the real world, people are confronted with fear at every juncture of their lives. Fear of what has already happened, what may happen or what is unknown eats away at joy, peace and effectiveness. They find themselves defeated and living life hemmed in a box of only the familiar and the ordinary.

For some, the anxiety surrounding a new experience is simply too difficult to cope with. For others, the horror of a past trauma continues to haunt them throughout life. Fear paralyzes their future and compromises their abilities. The scripture says that “fear has torments.” I believe that verse tells us the truth, because I have seen individuals absolutely tormented by both real and imagined fears and phobias.

2 Timothy 1:7 tells us, “God has not given us a spirit of fear, but of power and of love and a sound mind.” The opposite of fear is faith. So, instead of living life controlled by the fear factor, this book will show you how to live based on the Faith Factor. You’ll learn:

- How to increase and exercise faith
- To approach every situation knowing God is working everything out for the best
- Change can be good in our lives
- Challenges are not obstacles, but positive stepping stones to a rewarding life
- Victory is ours if we want it

Faith will cause you to try something new. Faith will help you to believe in your potential. Faith will allow you to forgive the failures of the past and try again. Faith will let you dream big dreams and focus on a big God.

The centerpiece character of this book is the Old Testament prophet Elijah, who had an earth-shaking influence because of his bold faith in God. He was an unknown, uneducated, lonely and isolated young man with big problems, living in a world that turned its back on God. Yet, when he embraced God in faith, he saw God change everything! What God did for the prophet Elijah, He will do for you. If you struggle with fear, read on and be encouraged.