

DECEMBER 6, 2022

# Journey Enews

## Journey Community Christian Church

Service Times:  
Saturday @ 6 PM  
Sunday @ 10:30 AM

Our services will be streaming to our Facebook Page AND our website: [journeychurchsite.org](http://journeychurchsite.org)  
Join us this weekend in-person or online!

## Journey Church Contact Info:

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Like us on Facebook to be notified when we go LIVE!

Facebook:  
Journey Church Cynthiana

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[@journeycynthiana](https://www.instagram.com/journeycynthiana)

## I Hate...

Growing up in the 1950's I truly hated going to the local dentist. My pediatric dental care often felt gruesome and painful. If I had a tooth ache from a cavity an extraction was often the remedy. No shame on dental practices in the past but the truth is, health care has improved immensely over the years.



Even today, I feel some trepidation walking into a dentist's office. I am a bit reluctant to make my annual appointment for cleaning and checkups, for fear of more problems being discovered. If you find a dentist and a dental hygienist with a gentle touch, you better hang on to their business card.

People are just people. We can acquire temporary fears and anxiety from almost any unpleasant life experiences along the way. I know people who will never climb a ladder because of some accident they had when they were younger. I've met people who will never get in water over their head because of their fear of drowning. Other people who have endured damaging storms in the past may worry when severe weather appears on the horizon.

Sometimes our fears become an unhealthy phobia. "A phobia is an exaggerated or irrational fear of an object, activity, or situation that poses little, to no real danger. Phobias provoke overwhelming levels of anxiety and intense reactions that dramatically impact a person's life. Gradually and repeatedly facing such fears has helped many overcome their phobias." – *Our Daily Bread, David Egner*

Followers of Jesus aren't immune to worry or its complications. It's ok to not be ok. We will face many troubles in our journey through life. Jesus says so (John 16:33). However, we can trust God to be our Good Shepherd (Psalm 23). God is there beside us through storms and fears; He rescues us from our trouble (Psalm 34:17-19). Jesus (Immanuel) promises to be with us until the end of the age; in this life and forever more (Matthew 1:23, 28:20).

Worry is a feeling of uneasiness, apprehension, or dread usually related to negative thoughts about something that may happen in the future. Over the years I have grown more confident when visiting my dentist for check-ups. I often take a couple Advil before I arrive. I also say a short prayer before sitting down, asking for calmness (Philippians 4:6-7).

Rather than hating annual appointments that are helpful for preventing illness, I try to cope with my anxiety, which is far better. One of my favorite go-to verses may also become your favorite: "For I can do everything through Christ who gives me strength." *Philippians 4:13 NLT*

PS - My favorite dental hygienist is retiring soon; pray I find another gentle one!

*Bobby D.*