What is this thing called fear? It is the opposite of faith. If I had to choose, which feeling to facilitate in any of my decision-making moments, I would choose faith.

At least faith brings hope. Hope lifts up my spirit and brings me peace. Peace relaxes me and brings me comfort. Comfort makes me feel that I can deal with my dilemma and brings me joy. Joy encourages me and brings me wisdom. Wisdom helps me understand and brings me the guidance. Guidance helps me resolve the problem and brings me happiness. Happiness makes me feel better and brings me prosperity. Prosperity keeps me thriving and brings me grace. Grace makes me acceptable and I start sharing Kindness. Kindness gives me gentleness and I start showing compassion. Compassion makes me sympathetic to others and I become more thoughtful. Thoughtfulness encourages me to impart goodness. Goodness reveals affection; I received love, so I can give love.

There are so many more positive aspects that I can choose to surround myself with from moment to moment. I compare all these positive elements to the ones that are not positive and I can easily choose to live with faith and a hopeful spirit.

Our piers see a more optimistic pattern of thought, words, and deed that exudes confidence. We not only care for ourselves, but we also show that we care for others who share in our lives.

Our devotion for love, peace, hope, joy, kindness, wisdom, understanding, mercy, gentleness, grace, thoughtfulness, and all the rest displays to others that we have a light or purpose to help us get through our days.

Many people have not yet realized their purpose from day to day. It can get confusing from time to time. However, when we decide that caring for our own mind, body, and spirit with nutritious activities for each part of ourselves we will then recognize that we also can give care to our loved ones in the same manner. This is our purpose to humanity and ourselves. Once we understand the way to live in our purpose each day, we will find our peace.

So, what if fear? It is not the way I choose to live during my days.