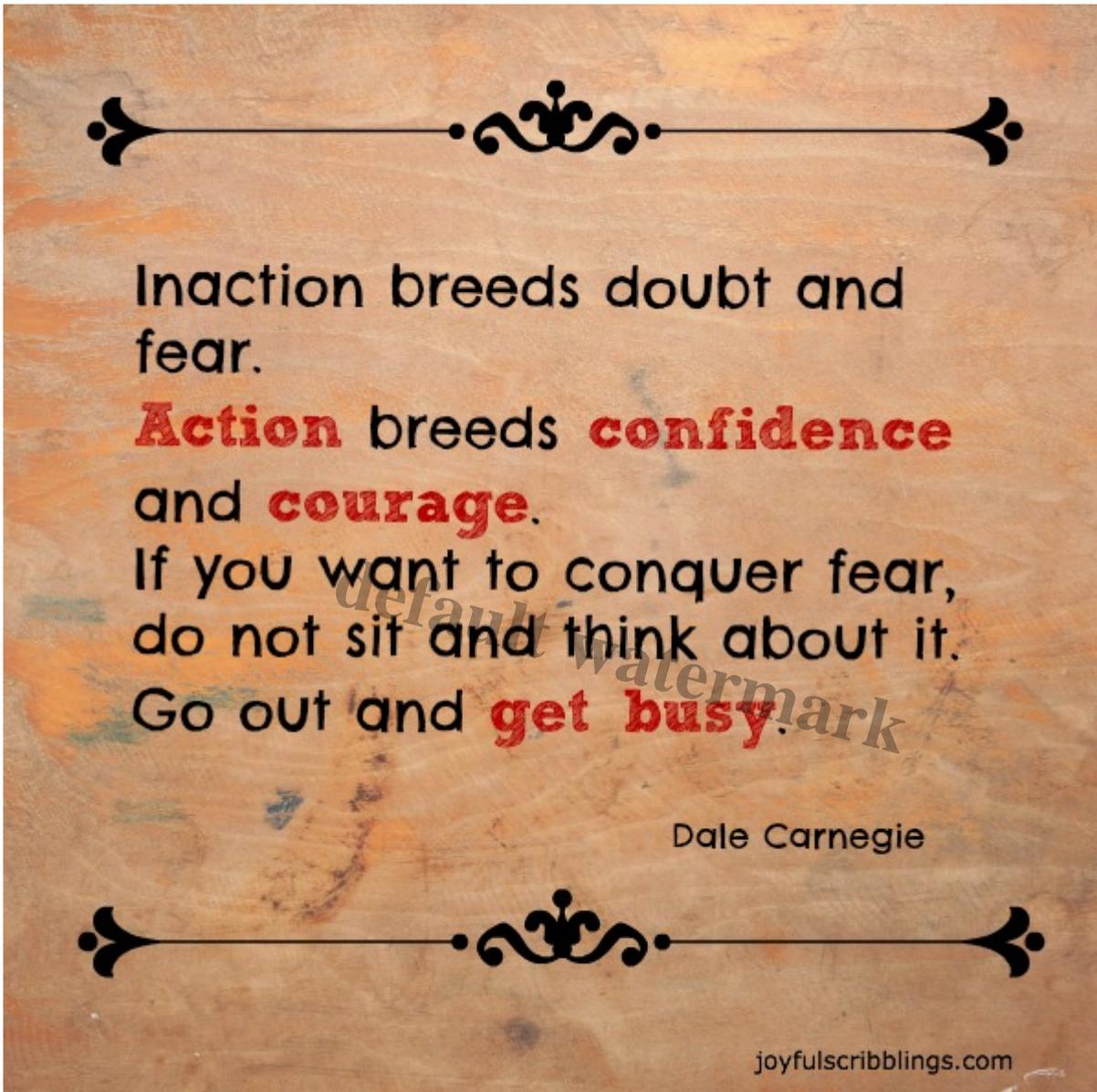




Face Your Fears

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Often the things we fear the most are the things we must do. I know I’ve read this before, but I couldn’t find the origin when I searched quotes on fear. Truth be told, I probably heard it from Oprah. I recently found the statement very applicable to my life when my friend Suzy asked me to help serve lunch at the [Ronald McDonald House](#).

I had helped out before, but in a different manner and I didn’t have contact with parents whose children are in critical care. This time we would be serving at Children’s Mercy Hospital. I’ve always sort of feared hospitals and being around sickness. It’s not that I’m not a nurturing person, I just make a horrible nurse. I’m very emotional and sensitive to others feelings. When my family members are sick I get stressed out and the stress usually leads to irritability. If I see a person crying I’m likely to cry along with them instead of putting on the brave face.

My calendar was open for the day, but I kept dreaming up excuses in my head. I thought to myself:

1. There are other ways I can help.

2. I have a lot of projects I want to get done and I need to set boundaries.

3. I'm sure people will be crying and that will make me cry. I'll look like a fool and that isn't really helping.

I thought about it for a day or two before I gave a definite answer. The answer finally came to me loud and clear during a Bible study lecture. The discussion was over a chapter in Matthew where Jesus feeds thousands of people with five loaves of bread and two fish. The message was he provides what we need even when the situation looks pretty bleak.

Feeding and serving others is an act of love. The experience felt great. We fed over 60 people, the families were appreciative and I didn't cry. It took three hours out of my day which is the same amount of time or less that I spend on email and surfing the internet. I was also still able to get other things accomplished on my to do list.

I was a little fearful about sharing this story because I don't want people to think I'm being preachy or self-righteous. We all have our own journeys and lessons we need to learn. Once again, the little voice inside me said, "The things we fear the most, we must do and so I did."

What are you currently fearing? Perhaps it's a new exercise program or starting a new project. Please share in the comments and if you are afraid that is all the more reason to share.

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