

# **THINGS THAT GO BUMP IN THE MIND: FACING THE MONSTERS THAT COME CALLING DAY AND NIGHT**

## **Chapter 4**

### **When panic attacks: Facing the fear of the unknown**

(Revised 8/26/05)

The California Coast was shrouded in fog that 4th of July morning in 1952. Twenty-six miles to the west on Catalina Island, a 34-year-old woman waded into the water and began swimming toward California, determined to be the first woman to do so. Her name was Florence Chadwick and she had already been the first woman to swim the English Channel in both directions.

The water was numbing cold that July morning and the fog was so thick she could hardly see the boats in her own party. Millions were watching on national television. Several times, sharks which had gotten too close had to be driven away with rifles to protect the lone figure in the water. As the hours ticked off, she swam on. Fatigue had never been her big problem in these swims—it was the bone-chilling cold of the water. More than 15 hours later, numbed with the cold, she asked to be taken out. She couldn't go on. Her mother and her trainer, who were in a boat alongside, told her they were near land. They urged her not to quit. But when she looked toward the California Coast, all she could see was the dense fog.

A few minutes later—at 15 hours and 55 minutes—she was taken out of the water. It was not until hours later, when her body began to thaw, that she felt the shock of

failure. To a reporter she blurted out, “Look, I’m not excusing myself. But if I could have seen land, I might have made it.”

She had been pulled out only a half mile from the California Coast! Later she was to reflect that she had been licked not by fatigue or even by the cold—the fog alone had defeated her because it obscured her goal. It had blinded her reason, her eyes, and her heart.<sup>1</sup>

It is difficult to have faith when we are in the fog. And yet, in the course of our lives, there are many times when we face unknown situations. For every “Annie” who is optimistic about “Tomorrow,” there are countless others who are terrified of what it might bring. When faced with the prospect of an unknown future, many respond like the chickens in the 2000 box office hit, “Chicken Run:” “Musn’t panic . . . Musn’t panic . . . Musn’t panic.” (pause) . . . “Aaaarrgh!”

It can happen anytime—and anywhere. When you’re alone. With others. At home. In public. Wakening you from a sound sleep. The monsters whisper in your ear that things are out of your control. Suddenly, your heart begins to race, your face flushes and you experience shortness of breath. You feel dizzy, nauseated, out of control. Some people even feel like they’re dying.

You may have experienced a panic attack—a sudden episode of intense fear that prompts physical reactions in your body. Many people, thinking they’re having a heart attack, go to the emergency room. Others try to ignore it, not realizing that they’ve experienced a panic attack.

Once dismissed as nerves or stress, a panic attack is now recognized as a potentially disabling but treatable condition. Between 10 percent and 20 percent of

Americans experience a panic attack at some time in their lives. Women are more likely than men to have panic attacks.

Some worry is good. It spurs you to plan and become prepared—for financial security, job satisfaction, your family and your future. But when you have a panic attack, worry can become overwhelming.

Panic disorder can become debilitating and destructive. Fear of recurrent attacks can lead one to adopt avoidance behavior—refusal to risk what most people consider to be normal situations, such as going to the mall or leaving the house alone. You can develop a fear of fear. For every Florence Chadwick who gave up part way, there are many who would have never stuck their big toe into the water to begin with.

In children, panic attacks can interfere with normal development, disrupting your child's social life and schoolwork. Children and teenagers, for example, may not go to school or may not even leave the house in order to avoid situations in which they fear a panic attack.

Situations like the first day of school, going on a job interview, or being set up on a blind date can cause the anxiety to rise. Knocking on the boss' door for your annual evaluation, or thinking about meeting your future in-laws may prompt you to agree with the monsters who whisper, "This just isn't a good time. They won't like you. Run!" The prospect of traveling to a third-world country may start you looking for the escape hatch or coming up with a reason to pull the plug on the trip.

Experts say that learning how to relax may help one head off a panic attack. You can learn to relax through a variety of techniques such as meditation, muscle relaxation, relaxed breathing and guided imagery (visualization).

Relaxation is more than getting away from the work-a-day grind, and it's more than the absence of stress. It's a specific, intentional action that's positive and satisfying—a feeling in which you experience peace of mind. It is akin to following the advice of Paul who said in Philippians 4:6-7, “Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

When we are faced with the unknown, we have several options. We can give in to the monsters and panic and run from the challenges. We can choose to avoid them altogether. Or we can test the waters and begin the process, leaving the door open to quitting part way through if things get to tense.

Another option would be to learn from someone who faced an uncertain future and discover how he coped with those challenges. We can learn how he relied on God and relaxed rather than letting the stress eat him up. Fortunately, we have such an example in the person of Noah. From his life and practice, we can learn a great deal about how to have faith in the face of uncertainty. We can learn how to tell the monsters to chill out.

#### **FAITH IS FOCUSED ON GOD'S POWER, NOT OUR WEAKNESSES**

Hebrews 11:7 says that Noah learned to have faith in the things he could not see. “By faith Noah, when warned about things not yet seen, in holy fear built an ark to save his family. By his faith he condemned the world and became heir of righteousness that comes by faith.”

Genesis 6:9 tells us that Noah was “a righteous man, blameless among the people of his time, and he walked with God.” His character and his conduct was without fault. His walk was characterized by morality, his talk by sincerity, and his balk, or what he wouldn’t do, by integrity. In his day and age, he stood out alone among his contemporaries. He was conspicuous as one faithful, upright man in the midst of great wickedness.

Scripture says that he “walked with God.” It is the same phrase that is used of his great-grandfather, Enoch. To do that, Noah had to be a man of faith. As Hebrews 11:6 states, “And without faith, it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him.”

Noah’s faith was focused on God. Evidently, he believed that God was who he said he was and that he would do what he said he would do. That’s evident from how Noah responded to God’s warning.

He undoubtedly had long talks with his father, Lamech, and his grandfather, Methuselah, about his great-grandfather, Enoch, and about how he loved the Lord and served him. In their discussions, I’m sure he heard about Adam and Eve and what happened when they disobeyed God. He knew about the struggle of Cain and Abel and what was required to worship and please God and what happened when you acted contrary to God’s instructions.

His heart was undoubtedly broken as he watched helplessly as society drifted away from God and continued to rebel against their creator. He knew and understood God’s standards and his promises. Noah knew enough about God to know that he could take him at his word.

A reporter once asked Mrs. Einstein if she understood the theory of relativity. She replied, “No, but I know Albert and he can be trusted.” Noah probably didn’t understand God completely, but he knew he could be trusted. The idea of a coming flood probably filled him with worry and dread. He probably wasn’t too sure what God was going to do. But Noah knew that God was true to his character and he was confident that he was faithful to his word.

Because Noah’s faith was focused on God, he could trust him for the unseen. Genesis 6:13-21 tells us that God warned Noah of a judgment that was coming in the form of a great flood. Sin had run rampant and mankind was in disarray. The situation had deteriorated to the point where God regretted creating mankind. His heart was broken by the choices people had made to pursue sin. As a result, he was going to send a great flood to destroy everyone.

Hebrews 11:7 says that Noah was “warned by God about things not yet seen.” Evidently, Noah had never seen God’s judgment and he definitely had not seen a great flood. In fact, he had never even seen rain. Genesis 2:6 explains that prior to the flood, the earth was watered by a mist that come up from the ground. This concept of judgment by a great flood and rain were completely foreign to Noah’s way of thinking.

If I was Noah, I would have been filled with fear, dread, worry, and panic. I would have been cowering in the corner, unsure of what to do next.

Yet Noah obeyed because his faith was focused on God. He responded to God’s warning with a reverential awe and a godly fear. He believed that what God had promised he would certainly perform.

In the classic movie, “Miracle on 34th Street,” the character of Santa Claus utters what much of the world thinks faith is: “Faith is believing in things when common sense tells you not to.” In other words, faith is irrational, contrary to experience, logic, and knowledge, and is so even at the most common sense level.

While this is a cute definition, the truth of the matter is that biblical faith is anything but irrational. Faith, according to Hebrews 11:1 is a belief in the unseen, not in the unknown. It is based on facts, not on assumptions. We demonstrate this kind of faith when we are sick. We go to a doctor whose name we cannot pronounce. He gives us a prescription we cannot read and we take it to a pharmacist we have never seen. He gives us medicine we do not understand, and yet we take it because we have confidence in the medical profession.

Like Noah, each one of us faces an uncertain future. Perhaps it is the fear of your company being downsized, or the recent discovery of a lump on your side or a pain in your stomach and the fear of what it might mean. It may be the concern about your children’s future and wondering how they will turn out. Perhaps it is the nagging question of how to provide and care for your aging parents. Maybe your marriage is crumbling and there is the fear of what will happen if . . .

And yet, like Noah, we can trust God for the unseen because we have a record of his faithfulness. We can examine both the Old and New Testaments and see that none of God’s promises have ever been broken. We can learn how he lovingly guided and cared for his people in past history. While we may not understand everything about God or even all he asks us to do, we know that he can be trusted. We know that we can take him

at his word. As C. S. Lewis has said, “We trust not because ‘a God’ exists, but because this God exists.”<sup>2</sup>

While I have faced the uncertainty that accompanies a change in career and moving across the country, I have not faced uncertainty when it comes to my health and caring for my family. My friend John has taught me much in that regard. You see, John faces a very uncertain future. No longer able to lift his arms or move his legs, he is confined to a wheelchair. Two years ago, he was diagnosed with a tumor inside his spinal cord. After a successful surgery, he was able to resume his normal habits. But two months later, the tumor reappeared with a vengeance and his health has continually deteriorated since then. He recently shared with me the lessons he has learned over the past two years. Perhaps the greatest lesson he has learned is that while the why questions are still unanswered, he has a great confidence in a very uncertain future because he knows the who behind the scene, a sovereign God who always keeps his promises.

Because faith is rooted in the character of God, it is vitally important that we get to know God better and deeper. We need to discover his attributes and his actions, to examine who he is and what he has done. We also need to find a way to remind ourselves of his faithfulness.

I have kept a journal for several years. Sometimes I write in it daily and sometimes once a week. As I read through it, I have discovered that I now have a written record of God’s faithfulness. When I face a new challenge or a strange uncertainty, I can go back and reread how and when God worked in my past. I am reminded of answered prayers, problems that have been worked through and overcome, as well as character growth, both personally and in the lives of others. As I reflect on what God has done, my

journal encourages me and strengthens my faith because it reminds me that the same God who worked in the past is the same God who is present today and the same God who holds my future.

#### FAITH MUST BE FOLLOWED BY ACTION

The character of faith is that it is rooted in God. It is focused on his attributes and his actions throughout eternity. It is a belief in the unseen, not in the unknown. This kind of faith must also be followed by action. We see examples of this as we read our daily newspaper and talk to people. It's like the little boy who tied a rope swing onto the branch of a sapling. Then, noticing that the seat of the swing rested on the ground, he went to get his garden hose and began watering the sapling every day. It's like the little girl during the drought. When her family was going to church to pray for rain, her parents wore sunglasses while she carried an umbrella.

At a burning building in New York City's Harlem, a blind girl was perched on the fourth-floor window. The firemen had become desperate. They couldn't fit the ladder truck between the buildings, and they couldn't get her to jump into a net, which she, of course, couldn't see. Finally her father arrived and shouted through the bull horn that there was a net and that she was to jump on his command. The girl jumped and was so completely relaxed that she did not break a bone or even strain a muscle in the four-story fall. Because she heard her father's voice she did what he said was best.<sup>3</sup>

Noah's faith is an example to us because it was accompanied by obedience. Because he knew God, he was willing to do what he said was best. F. F. Bruce states,

The next example of faith illustrates this willingness to believe that what God has promised he will certainly perform. Noah was a righteous man, like

Abel; he walked with God, as did Enoch; but what is emphasized here is that when God announced that he would do something unprecedented in the experience of Noah and his contemporaries, Noah took him at his word, and showed that he did so by making practical preparations against the day when that word would come true.<sup>4</sup>

Faith must be accompanied by obedience.

It is said that Napoleon, while looking at some papers, let slip the bridle of his horse, which reared so that the Emperor was in danger. A corporal of the grenadiers leaped forward and caught the bridle, bringing the horse under control. Napoleon saluted the corporal and said, "Thank you, Captain." "Of what company, Sire?" asked the corporal. "Of my guards," replied Napoleon. The young corporal picked up his musket, hurled it aside, and walked across the field toward the Emperor's staff, tearing off his corporal's stripes as he went. When he took his place among the officers, they asked him what he was doing. He replied that he was a captain of the guards. "By whose order?" queried one of them. "The Emperor's order," he replied. A man of less faith might have picked up his musket, stepped back into the ranks, and boasted for the rest of his life that Napoleon had called him captain.<sup>5</sup>

Noah obeyed promptly and completely. Twice in the Genesis account (6:22, 7:5), it says that Noah obeyed completely all that God commanded him to do. He did everything God asked him to do. This type of obedience requires a mindset or a decision made prior to the event. Nate Saint was one of five missionaries who were killed by the Auca Indians in Ecuador in 1956. He once said that his life did not change until he came

to grips with the idea that “obedience is not a momentary option . . . it is a die-cast decision made beforehand.”<sup>6</sup>

Obedience is the litmus test of faith. It shows the nature and the depth of what we believe. Our faith is short-circuited because it is very hard for us to follow through on what we believe. Soren Kierkegaard stated, “It is difficult for us to believe because it is difficult for us to obey.” Most of us have been educated beyond the level of our obedience.

Don’t misunderstand what I am about to say. Most of us should spend less time reading God’s Word and more time obeying God’s Word. I didn’t say, “Don’t read God’s Word.” I believe strongly in personal devotions and Bible study. But reading and study is not enough. It is very easy to fill your schedule with personal devotions, Bible studies at work, small groups in your neighborhood, family devotions, Sunday School classes, . . . and never see one iota of lifechange. Scripture was not given for the purpose of doctrine. It was given for lifechange.

2 Timothy 3:16-17 explains that Scripture was given to accomplish two purposes. One is to transform our character, making us adequate. The second purpose is to prepare us for service. “All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness; that the man of God may be adequate, equipped for every good work.”<sup>7</sup>

When we read and study God's Word, we need to focus our attention not just on understanding it, but on obeying what it says. As James says, we must be doers of the Word, not just hearers.<sup>8</sup>

Debbie and Amber were members of our singles group at church. One summer we studied the Sermon on the Mount in our singles class on Sunday mornings. They were challenged by the statements in Matthew 5:13-16 that believers are to be salt and light in the world.

“You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled by men. “You are the light of the world. A city on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before men, that they may see your good deeds and praise your Father in heaven.

Debbie and Amber felt convicted that they were merely attending the group and listening without serving in any capacity. So they took it upon themselves to organize a work party to go help paint two rooms in a women’s shelter run by the Union Gospel Mission in Seattle. In a practical way, they demonstrated to the broader community in Seattle that they were acting as salt and light.

If you study the lives of people in Scripture, especially the ones that failed, you discover that most of them, such as David and Solomon, failed in the second half of life. That concerns me because I am now on the front edge of that second half. One of the factors that led to their failure is that their relationship with God slipped. They did many things for God but very little with him. I don’t want that to happen to me personally. As I read and study God’s Word, I ask God to help me never to just read it without responding to it. I want the truth of Scripture to have an impact on every area of my life .

. . my finances, my morality, my ethics, my integrity, my honesty, my neighbors, my community involvement, my politics, my country.

Let me encourage you to make that same commitment. Ask God to help you practice and apply everything you read in his word.

#### FAITH REQUIRES PERSISTENCE

Evidently Noah had made that choice because he took heed of God's warning and prepared the ark. God gave Noah complete instructions in Genesis 6:13-21. He was told what materials to use, how large to make it, what it should look like, and who to bring on board. The ark was to be made of gopher wood, usually thought to be cypress wood, which is light and durable. "Alexander built his fleet at Babylon of this wood, and the doors of the church of St. Peter at Rome were made of cypress wood and are a thousand years old. It was also the wood used by the Phoenicians for their ships."<sup>9</sup>

As you think about Noah building the ark, keep in mind that he probably lived in the plains of Babylon, many hundreds of miles from water. The ark was to be 300 cubits by 50 cubits by 30 cubits. Using 18 inches for the dimension of a cubit, the ark was 450 feet long by 75 feet wide by 45 feet tall and would displace approximately 43,000 tons of water. The size and ratio of the dimension are those of a modern boat and a vessel of this size was not built until the late 1800's. The ark is approximately the same size as the "Great Eastern" which laid the first trans-Atlantic cable, roughly two-thirds the size of the Titanic.

In describing the ark, Bernard Ramm said this,

The shape of the ark was boxy or angular, and not streamlined nor curved.

With this shape it increased its carrying capacity by one-third. It was a vessel

designed for floating, not for sailing. A model was made by Peter Jansen of Holland, and Danish barges called “Fleuten” were modeled after the ark. These models proved that the ark had a greater capacity than curved or shaped vessels. They were very sea-worthy and almost impossible to capsize.<sup>10</sup>

It becomes more sea-worthy as it is loaded because the lower the center of gravity, the more difficult it is to capsize.

This is not a project you can hide in your backyard. It would be like building a life-size model of the Titanic in the local park. Not only was it large but it took a long time to build. It took Noah 120 years to complete the project. That tells me two things. One is about God’s grace. While God pronounced judgment on the sins of mankind, he gave them 120 years to repent. He wasn’t hasty. He was patient.

The second thing it tells me is about Noah. Not only was his obedience prompt and complete, his faith was also persistent. He worked for 120 years before he ever felt a drop of rain.

Can you imagine the ridicule that Noah felt one, five, or fifty years into the project. “Hey Noah! I thought you said God was going to send judgment. Are you sure you didn’t get your weather forecast confused? What does rain look like anyway?” After all, it was inconceivable that there would ever be enough water to float that thing. But he kept on until the last shingle on the roof was hammered into place, and the last elephant was loaded.

It is easy for me to start a project, but sometimes my endurance lags, I lose interest, and I am tempted to quit. I have half-finished projects and partially read books littering the shelves and work benches of my home. I have a dulcimer hanging on my

wall at home that I built from a kit. However, it took me ten years to complete the project because I got bogged down part way through the project. I often pray that God would help me to be more faithful.

The story is told of an eleventh-century German king, King Henry III, who, having grown tired of court life and the pressures of being a monarch, applied to a monastery to be accepted for a life of contemplation. The religious superior of the monastery, Prior Richard, is reported to have said, “Your Majesty, do you understand that the pledge here is one of obedience? That will be hard because you have been a king.” Henry replied, “I understand. The rest of my life I will be obedient to you, as Christ leads you.” “Then I will tell you what to do,” said Prior Richard. “Go back to your throne and serve faithfully in the place where God has placed you.” When King Henry III died, a statement was written: “The King learned to rule by being obedient.”

Like King Henry, we too often tire of our role and responsibility. Like King Henry, we too need to be reminded that God has placed each of us in a particular place to be faithful there. Be it as a plumber, accountant, mother, father, or whatever, God expects us to be faithful where he has placed us.<sup>11</sup>

William Carey, when asked about his great accomplishments in his work of translating the Bible into Indian languages and dialects, said: “I am not a genius, just a plodder.” But what a plodder! In forty years of labor, he translated all or portions of the Bible into thirty-four of the languages and dialects of India.<sup>12</sup>

Persistence pays. It’s a costly investment, no question about it. But the dividends are so much greater than the original outlay that you’ll forget the price. And if the final benefits are really significant, you’ll wonder why you ever hesitated to begin with.

Have you ever felt like giving up when you've prayed for something or someone for a week, a month, or a year and God still hasn't answered? Faith must not only be obedient, it must be persistent. Noah demonstrated his faith by doing everything that God commanded him to do; promptly, completely, and persistently.

#### FAITH ALWAYS BEARS FRUIT

The character of Noah's faith was focused on the attributes and actions of God. His prompt and complete obedience demonstrated the conduct of his faith. But it didn't stop there. There were also some significant consequences of his faith as well. His faith bore fruit in three areas, the salvation of his family, the condemnation of the world, and in his own righteousness.

As a result of his faith in God and persistent obedience, Noah's family was saved from God's judgment. Along with the animals, only eight people were spared, Noah and his wife, and their three sons and their wives. They were the only ones who believed, even after God gave the world an extra 120 years.

What impact has your faith had on your family? Are your children walking closer with God because of your example? Has your spouse, parents, or siblings become disillusioned with your hypocrisy or do they see a genuineness in your life?

In addition, Noah's faith condemned the world. 2 Peter 2:5 says that Noah was a preacher of righteousness. I'm sure that though the task of building the ark was immense, Noah always had time to explain to passersby what he was doing and why. It would have been easy to hide what he was doing by just calling it a storage shed or shading the truth about God's judgment, but he didn't. In the early days, I'm sure that people stopped and asked questions about the floating barn and the boat miles away from water. People

would stop and snicker and laugh at “crazy old Noah.” But as time went on, I think people just ignored him, though they probably felt uneasy when they had to go by his place.

People probably felt uncomfortable around Noah. When he went to the hardware store, they probably stopped and whispered. After all, the ark was a visible evidence of his faith to his unbelieving and scoffing contemporaries. But in general, I think that they couldn't care less. Oh, they were tolerant and pluralistic. “Religion's OK for old men and women. After all, it gives the old man something to do. Yeah, and it keeps his kids off the streets at night.” But life went on as normal while Noah built the ark and his faith and message were rejected by society.

Like a foreign film dubbed into English or a junior high school talent contest where the student is two seconds behind in trying to lip sync a top 40 song, Noah was out of step with his contemporaries. He condemned the world simply by choosing to follow God and be out of sync with culture. Where faith is resisted or rejected, it leads to condemnation.

When we take a stand for biblical values, why are we surprised when society criticizes us? Why are we amazed when we are ridiculed or ignored for the stand that we take? Why are we surprised when the world acts like the world? When we live by faith, we are out of sync with the rest of society. Thus, we should not be shocked by their response. It's been that way for all of time. It's been that way since the days of Noah.

The most important aspect of Noah's faith is that it led to him becoming an heir of righteousness. Because of his faith and trust, he was declared as being right with God.

In fact, he is the first person in Scripture who is described as righteous. He is included in Hebrews 11 as being an example of faith.

Because Noah's faith was focused on God, it allowed him to trust God for the things not yet seen. He could live in the midst of an uncertain future. It was accompanied by prompt, complete, and persistent obedience. He made a die-cast decision to obey God in whatever he commanded. His faith saved his family, condemned his world, and resulted in his own righteousness.

Let me encourage you to ask God to strengthen your faith, to give you the grace to trust him for more and greater things. In making that request, rest assured that God will test your faith in order to strengthen it. George Mueller, a great man of faith, once said, "God delights to increase the faith of his children. We ought, instead of wanting no trials before victory, no exercise for patience, to be willing to take them from God's hand as a means. I say—and say it deliberately—trials, obstacles, difficulties, and sometimes defeats, are the very food of faith."<sup>13</sup>

On that July day in 1952, Florence Chadwick had been defeated because the fog had obscured her view of the California Coast. Two months later, she swam that same channel, and again fog obscured her view, but this time, she swam with her faith intact—somewhere behind that fog was land. Not only was she the first woman to swim the Catalina Channel, but she beat the men's record by some two hours.

Faith allows us to live in the midst of uncertainty. It enables us to trust God for the unseen even when the monsters whisper otherwise.

Near the end of World War II, members of the Allied forces were often found searching farms and houses for snipers. At one abandoned house, which had been

reduced to rubble, searchers found their way into the basement. There, on a crumbling wall, a victim of the Holocaust had scratched a Star of David. Beneath it was written the words, “I believe in the sun, even when it does not shine. I believe in love, even when it is not shown. I believe in God, even when he does not speak.”<sup>14</sup>

God calls us to many unknowns—new places, new relationships, new jobs, different homes, different friends, unfamiliar frustrations, uncommon joys. Our vision for the future is myopic at best—at worst, totally dark. We cannot see what lies ahead. But we can see the countenance, the character, the direction, of the One who calls us to walk with him and holds the lantern to light each faltering step.<sup>15</sup>

Tell the monsters that you will choose to relax rather than panic. Enjoy the peace that God gives.

**WHEN YOU ARE FACED WITH THE UNKNOWN AND PANIC ATTACKS,**

1. Focus on God’s power, not your own weakness.
2. Remember to add action and obedience to your faith in God.
3. Be persistent. Don’t give up.
4. Remember that faith brings results.

**QUESTIONS TO HELP YOU TURN ON THE NIGHT LIGHT**

1. How do you respond when you face an unknown situation?
2. Have you ever experienced a panic attack? How did you deal with the situation?
3. Go back and review the principles that Noah practice in facing the unknown. In what ways can you apply his example to your situation today?

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<sup>1</sup> Green, M. P. (Ed.). (1989). *Illustrations for biblical preaching*. Grand Rapids, MI: Baker Book House, p. 165-6, # 568.

<sup>2</sup> Martindale, W. & Root, J. (1989). *The quotable Lewis*. Wheaton, IL: Tyndale House. p. 211, # 470. (from *The world's last night and other essays*, "On obstinacy in belief" [1955], para. 13, p. 25.)

<sup>3</sup> Green, p. 135, #455.

<sup>4</sup> Bruce, F. F. (1964). *The epistle to the Hebrews*. Grand Rapids, MI: Eerdmans, p. 290-291.

<sup>5</sup> Hughes, R. K. (1991). *James: Faith that works*. Wheaton, IL: Crossway Books, p. 120.

<sup>6</sup> Green, p. 253, # 925.

<sup>7</sup> NASB

<sup>8</sup> James 1:22

<sup>9</sup> Ramm, B. (1954). *The Christian view of science and scripture*. Grand Rapids, MI: Eerdmans, p. 156.

<sup>10</sup> Ibid., p. 157.

<sup>11</sup> Green, p. 143, # 484.

<sup>12</sup> Ibid., p. 263, # 971.

<sup>13</sup> Ibid., p. 134-5, # 453.

<sup>14</sup> Ibid., p. 136, # 457.

<sup>15</sup> Stokes, P. (1987). "The God in whom we trust." *Discipleship Journal* (40), p. 23.