



Emotions: Confront the Lies. Conquer with Truth.

Charles F. Stanley

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I have GOT to get off this plane—right NOW!

That, of course, was impossible. The pilot had announced we were cruising at an altitude of more than 35,000 feet. There was no getting off—at least, not for a while.

But it didn't matter. My body was in full crisis mode. My heart pounded. I couldn't catch my breath. I looked at the emergency exit and began to contemplate my options. I wonder if I can get that door open. I need to get air. I HAVE TO GET OUT!

I pushed the button for the flight attendant. She found a doctor on board, who sat with me and asked me what was wrong.

I told him I was experiencing an overwhelming feeling of being trapped and that I needed to get off the plane. He said, "Well, you know you can't."

I responded, "Yes sir, I know I can't. But the desire is absolutely overpowering." As we talked, I admitted to him that I was going through a very trying time. He encouraged me, and the panic began to subside. It has been more than twenty years since that experience, but it taught me something very important: For us to overcome our fears, it is crucial we unearth where they originate from, which then shows us what thoughts trigger them.

Once the doctor identified the difficult circumstances I was facing as triggering my emotions, I was able to give the situation to God fully and counteract my apprehensions with truth from His Word.

—Excerpt from chapter 5

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