

No Not Be Afraid

SILENCING THE VOICE OF FEAR



I sought the Lord, and He heard me, and delivered me from all my fears. Psalms 34:4
NKJV

Fear is something we all experience at some point in time. It could be a fear of the unknown future, fear within existing circumstances or sometimes fear of people, places or things. It's not unusual to experience fear but it can be so 'noisy' it could overwhelm our mind and paralyze us from taking any steps if we allow it to dictate to us.

We may not be able to stop fear from speaking, but as believers we have the power and authority to silence fear through the word of God whenever it does speak to us.

This series we are looking at the tools we can use in overcoming fear through the word of God.

Stay Connected!



Day 1

Don't Be Discouraged

'Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand.' Isaiah 41:10

When fear comes in, it also brings discouragement with it. What fear does is that it amplifies everything that could possibly go wrong and minimizes things that could go right and as a result we get overwhelmed and discouraged. There just doesn't seem to be any light at the end of the tunnel.

Walking with God doesn't mean we don't acknowledge the potential downsides of a situation – that would be blind optimism. Rather it means that we assess the situation, acknowledge the potential risks, place them before the Lord, asking Him for the strategies to counter the risks and the courage to move forward.

“Be strong and courageous, for you are the one who will lead these people to possess all the land... Be strong and very courageous... This is my command—be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go.” Joshua 1:6-7,9

Joshua was faced with two daunting tasks that could easily have overwhelmed him. He was stepping into the shoes of someone as revered as Moses which was enough to give him palpitations. Then he was also to lead the Israelites into a new territory. Joshua had very likely assessed the situation and was overwhelmed with fear, so the Lord had to encourage and reassure him over and over, finally commanding him to be strong and courageous. The secret to not being afraid is found in the last line above – the Lord promised to be with Him.

When we acknowledge that the Lord is with us, recognizing His power over circumstances, it helps to reshape our perspective. We see that He alone can give us the strategies needed to address the challenges and the confidence to step out in faith knowing He is with us through it all.

Prayer: Lord I thank You for the confidence I have that you are with me always. I thank you for divine strategies for overcoming the challenges before me so I don't have to be overwhelmed.



Day 2

Access to Heaven's Armies

'The Lord is my light and my salvation— so why should I be afraid? The Lord is my fortress, protecting me from danger, so why should I tremble?' Psalms 27:1

The world can be a scary place sometimes and it's so easy to be afraid, with all the uncertainty and sometimes situations when we or others we know face real danger. When we're afraid it is easy to react and make the wrong decision, because we're dealing with the perspective fear has planted in our minds. It's easy to take our eyes off what God's word says when what's confronting us fills us with dread.

But what if we imagined the Lord with us, standing beside us, holding His powerful arms around us. The Bible says He's a fortress that protects us from danger. The dictionary defines a fortress as a military stronghold. Imagine how you would respond to the same situation if you were surrounded by the army of heaven, because child of God that's exactly what you have access to.

The Commander of the armies of heaven is here among us. He, the God of Jacob, has come to rescue us. Psalm 46:7 TLB

'When the servant of the man of God got up early the next morning and went outside, there were troops, horses, and chariots everywhere. "Oh, sir, what will we do now?" the young man cried to Elisha. "Don't be afraid!" Elisha told him. "For there are more on our side than on theirs!" Then Elisha prayed, "O Lord, open his eyes and let him see!" The Lord opened the young man's eyes, and when he looked up, he saw that the hillside around Elisha was filled with horses and chariots of fire.' 2 Kings 6:15-17

Elisha was confident because he knew that the Lord he served and that he had access to uncountable angels. This is the same God we serve and the same access we have. There are many names we call our Lord – mighty man in battle, lion of the tribe of Judah. These titles aren't given to someone that's doesn't have the capacity to look after His own, regardless of the circumstance. So next time fear shows up, remember the military force you have access to.

Prayer: O Lord open the eyes of my heart, give me a personal revelation of what it means to have you as my fortress.

Day3

Tackling our Anxieties

'For I hold you by your right hand— I, the Lord your God. And I say to you, 'Don't be afraid. I am here to help you.' Isaiah 41:13 NLT

There may be times in life when we find ourselves in situations that bring a lot of anxiety. It could be as result of the end of a relationship or the start of a new one. It could be starting a new job/business venture or relocating to a new environment. Perhaps the bills are mounting up and you have no idea how to pay them? Whatever it is, our anxieties will ensure fear is lurking round the corner, ready to take hold of us. Yet we have a sure word from God – we shouldn't be afraid because we matter to Him and He will help us.

Do not fear therefore; you are of more value than many sparrows. Matthew 10:31

'Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.' Philippians 4:6-7

When we have anxieties flowing through our minds, the Bible tells us to drop them at the Lord's feet. Worrying can't change anything, it just makes us more fearful. Unfortunately fears don't just go away by themselves. We must take the step of consciously bringing each worry to God in prayer, dropping them at His feet, thanking Him for answering and leaving Him to do what only he can do. The challenge many of us face is that after we drop the issue in prayer, we pick it up again and continue our worrying. We need to ask God for grace to let go and let Him be God in that situation.

'Can all your worries add a single moment to your life?' Luke 12:25 NLT

This is why thanksgiving is important step we shouldn't miss. As we thank God, we're acknowledging that He's in charge and will answer our request to take care of the matter(s). Our worry fixes nothing, but rather gives fear a strong foothold in our minds.

Prayer: Father I thank you for helping me with all my anxieties (name them). I thank you in advance for taking care of every issue and giving me peace.



Day 4

Freedom from Financial Fears

Thus says the LORD, your Redeemer, The Holy One of Israel: "I *am* the LORD your God, Who teaches you to profit, Who leads you by the way you should go. Isaiah 48:17

A huge fear in the lives of most people is the fear of insufficient finances. Worry about existing and mounting debt, where the next paycheck will come from or how to survive on limited funds. Very tangible concerns especially when confronted with unpaid bills. What does the Lord say about our finances? He says He's the One who teaches us to profit and leads us by the way we should go to be relieved of financial burdens.

'And I will give you treasures hidden in the darkness— secret riches. I will do this so you may know that I am the Lord, the God of Israel, the one who calls you by name.' Isaiah 45:3

'The ravens brought him bread and meat each morning and evening.... "Go and live in the village of Zarephath, near the city of Sidon. I have instructed a widow there to feed you.'" 1 Kings 17:6,9

The Lord we serve knows where secret treasures are hidden and He is willing to make them available to us so we recognize His sovereignty as God Almighty. When Elijah fled from Jezebel, the Lord used both ravens and a widow to feed him, two very unlikely methods. This shows us that though the methods may vary, the Lord alone is our source, not the job or the business. He's able to bring us out of even the direst situations.

'Then Isaac sowed in that land, and reaped in the same year a hundredfold; and the Lord blessed him.' Genesis 26:12

In a year where there was a severe famine (a recession in modern terms) in Israel, Isaac wanted to go to Egypt as his father Abraham had done in a similar situation, but the Lord gave him specific instructions about where to stay and what to do. In that same year, despite the famine Isaac reaped a huge harvest and prospered. Don't be afraid, God has the capacity to teach us to profit in any environment if we listen to and obey His instructions.

Prayer: Lord I ask for the grace to seek you first and obey your instructions concerning my finances, trusting that you are more than able to help me.



Day 5

Fear of Failure

'The Lord says, "I will guide you along the best pathway for your life. I will advise you and watch over you.'" Psalms 32:8

Fear of failure is very real and if we allow it, can cripple us from ever making a move. It's tempting to tell ourselves we're trying to get things perfect before moving, however more often than not what we have defined as perfection is unattainable. We may end up in the cycle of 'analysis paralysis' where we go over the same thoughts and analysis multiple times rather than a make single move. Thoughts/plans without action backing it will never yield any results.

'The fear of human opinion disables; trusting in God protects you from that.' Proverbs 29:25
MSG

One of the greatest fears when it comes to what we call failure is what other people will say. How will we cope with other people's opinions? What will people say if this venture/idea/relationship doesn't work? But the Bible teaches us that we should focus on trusting in and pleasing God rather than ourselves or others. This doesn't mean we're to suspend our God-given intellect and abilities. Rather we put all these to work, still recognizing that there's a lot we don't know therefore we need God's help. When we have this mindset it helps us to see how we have overcome and grown through previous challenges. Therefore, what is facing us right now is also an opportunity to learn and grow.

'Obviously, I'm not trying to win the approval of people, but of God. If pleasing people were my goal, I would not be Christ's servant.' Galatians 1:10 NLT

As believers our primary objective should be to find out what God wants us to do and ask for the grace to do it. We shouldn't get ourselves caught up in being people pleasers or even self-pleasers. Our focus should always be ensuring we're in alignment with the Holy Spirit so we're walking according to His agenda and not ours. This is the best pathway and the Lord will be with us, encouraging us all the way.

Prayer: Lord please give me the grace to keep my focus on doing what you want. I ask for the grace to plan properly and to execute your plans effectively.

Day 6

Fear of Death

'...And free those who by fear of death were in bondage all their lives.' Hebrews 2:15 TLV

The fear of death has led to all sorts of physical and psychological illnesses in many people. For others it's led to a life of bondage – merely existing rather than living fully. Jesus made it very clear to us that He holds the keys of death (Rev 1:18) so we shouldn't fear death. Rather our primary pursuit while we're here should be getting close to Jesus so we won't be afraid to see Him again.

'Every human being is appointed to die once, and then to face God's judgment. But when we die we will be face-to-face with Christ, the One who experienced death once for all to bear the sins of many! ...' Hebrews 9:27-28 TPT

'And now, dear children, remain in him, so that when he is revealed we may have joyful confidence and not be ashamed when we stand before him at his appearing.' 1 John 2:28 TPT

Will there come a point when we leave this realm? Absolutely, though the time will differ for all of us, leaving this realm is an appointment we all have to keep at some point. But what we do while we're here determines what happens when we leave. The Bible tells us that we're to remain in an active relationship with Jesus while here – following His example, teaching and leading. This way when we as believers meet Him again it will be with confidence and joy, not fear and shame.

The worry comes when we either haven't accepted Jesus into our lives and we're not sure where we will end up; or we're believers who haven't pursued an active relationship with Jesus so we're not sure if we can really be joyful about seeing Him. Whichever the case is, let's come before Him in openness and honesty asking Him review our lives now and make the needed corrections so we will never fear death again.

Prayer: Lord, I'm sorry I've made many other things more important than my relationship with you. I'm here today to rededicate my life to you. Help me always put you first so the Holy Spirit can have full expression in my life and help me be excited about seeing you again.

Day 7

Fear of the Lord

“The Spirit of the Lord shall rest upon Him, the Spirit of wisdom and understanding, the Spirit of counsel and might, the Spirit of knowledge and of the fear of the Lord.”

Isaiah 11:2

There's a 'good' fear we should have and that is the fear of the Lord. When the Holy Spirit comes into our lives, one of the things He deposits in us is a reverence and awe for the Lord. And as we mature in knowing the Lord, we can only reverence Him the more as we see how holy, just and upright He is. The Lord we serve is love, merciful and kind, but He's also a consuming fire.

The fear of the Lord is clean, enduring forever; the judgments of the Lord are true; they are righteous altogether. Psalm 19:9

When we fear the Lord it shapes the way we think and act. Not because we're fearful that He may suddenly do something negative to us. Rather it's because we come to understand His character, likes, dislikes and we respond out of our love for Him and desire to please Him.

“All you who fear God, how blessed you are! how happily you walk on his smooth straight road! You worked hard and deserve all you've got coming. Enjoy the blessing! Revel in the goodness!” Psalm 128:1-2 MSG

“Fear of the Lord is the foundation of wisdom. Knowledge of the Holy One results in good judgment.” Proverbs 9:10 NLT

“Those who fear the Lord are secure; he will be a refuge for their children. Fear of the Lord is a life-giving fountain; it offers escape from the snares of death.” Proverbs 14:26-27 NLT

The God we serve isn't a wicked task master, He loves and delights in doing good things for His children so the fear of the Lord brings many blessings with it. Wisdom, knowledge, understanding, might, direction, long life, good health, sound mind and so much more are all available to us as we grow in the fear of the Lord. As we wrap up this series, let's note that the only fear that brings any kind of benefit to us is the fear of the Lord.

Prayer: Lord teach me to reverence you as you deserve. Let the spirit of the fear of the Lord rest upon me and be the primary motive for all my actions.



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