

## Fear

Fear may be your greatest enemy. It can steal your job, rob your peace and paralyze your faith. It can confuse you and cause you to be irrational. Fear takes on many forms. It can start as a small dread, and grow to a paralyzing and crippling force that renders us mentally, physically, and spiritually helpless. It is essential that we recognize fear as a spiritual force that can only be fought with a greater spiritual force - our faith in God. Jesus often told people to “fear not.” It is Gods will for us to live fear free. God provides the way in scripture.

**2 Timothy 1:7** for God gave us a spirit not of fear but of power and love and self-control.

**Isaiah 41:10** fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.

**Psalms 27:1** The Lord is my light and my salvation; whom shall I fear? The Lord is the stronghold of my life; of whom shall I be afraid?

**Joshua 1:9** Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go.”



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*Adapted from “Keep Calm and Trust God” by J&K  
Provance for Men In The Hood Ministries  
Gardenside Baptist Church, Lexington KY*

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**Prayer** – Lord, help me not to be afraid, because you are with me. Show me how to think on good things and not on things that will produce fear. Fear is an enemy of my heart and mind, and I refuse to let it steal the peace and joy in my life. Give me courage and strength to face the fears in my life that try to hold me captive. You have assured me you would remain with me in times of trouble and comfort me when fear grips my heart. I choose to trust in you instead of fear. You uphold me and sustain me. Let me have your peace and wisdom and when I am tempted to fear I will look to you. You have made me secure, capable and free from fear in my life. I am fearless. Amen.

**Quote** “I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear.” - Nelson Mandela



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