

FEAR NOT!

“Perfect Love casts out all fear!”

1 John 4:18

I was struggling with several thoughts about what to do in 2018. I guess we all do at some point in time every year. Questions like, “What do I want to do for God? Do I want to continue in my current job? Should I spend more time with family and friends? Should I take up a new course or be bold to take the step to volunteer by helping others? Should I take a step back, pray and let God heal me first and see where the path leads me this year? I want to exercise more and stay active? What is holding me back that I am procrastinating to find the answers? Fear to let go and take that step of faith? The list goes on and questions pop up over and over again. I am still searching for a few more answers and had a clear idea on some other matters. Let’s continue to pray for guidance and direction in our lives.

I received a media link message recently through the Abundance Care Group on “How to face the giants in your life” by Pastor Benny Ho. It was a down-to-earth message where he highlighted a few points and shared about fears in our lives. He said that we experience fears about our future, our health and our jobs. Also, we fear being alone, rejected and embarrassed. He said the evil one uses intimidation to paralyze us.

I will quote the five points here for all of you who have not seen this message of over 3 minutes. He said:

- 1) **Guard Your Eyes** – Watch what you are looking at.
Are you focusing on God or your circumstances? Fear traps us as we focus on our problems, but we should look at God instead.
- 2) **Guard Your Ears** – Be careful who you listen to.
If you listen to the wrong people, you will exchange your faith for their fears.
- 3) **Guard Your Mind** – Remember the right things.
To overcome fear, we must fill our minds with the powerful things that God has done in our lives. Trace the hand of God in our lives and remember it.
- 4) **Guard Your Heart** – Be confident of God’s provision.
When fear threatens to strike remember:
 - a) *Do what you know.*
 - b) *Use what God has put in your hands.*
 - c) *Stick to the faithful old sling and stone.*

5) **Guard Your Back** – Cut off the roots of your fears.

There is only one way to put an end to crippling fear i.e. by applying the truth of the Resurrection to our lives.

What are some Goliaths in your life? Pastor Benny said that we all have fears that haunt and accuse to make us miserable and deficient in our lives. They rob us of courage and cause us to live in a constant state of fear.

He said that in Christ, we do not need to be afraid. We are no longer bound in fear, but in the security of Jesus Christ. He is our victory, courage and confidence. Amen!

When I searched the web, many writings indicated that “Fear Not” was mentioned over 80 times and in some content, written and expressed in different ways such as using the words “Do not be afraid”. This means that God knows that we will encounter fears in our lives. Fear is very real and we will face it somehow.

So, let’s read about it and know what fear is all about. God did give us many pointers from the Old Testament to the New Testament about having fear in our lives. He also gave us hope and His Love to help us battle these fears, knowing that we need Him and we cannot do it alone.

Let’s fix our eyes on Jesus for His wisdom and strength to recognise our fears and we will not hurry through to meet the fears but be brave to see them face-to-face with Him by our side. Amen!

Fear God more and we will see our fears diminishing in size and volume. Pray so that we can see how the fears are affecting our lives and making its way to impact our decisions and actions. So, “Fear Not!” and let God walk with you.

*“The fear of the Lord leads to life, and whoever has it rests satisfied, he will not be visited by harm.”
(Proverbs 19:23)*

“The fear of the Lord is the beginning of wisdom, all those who practice it have a good understanding. His praise endures forever!” (Psalms 111:10)

