

# Do Not Fear



## Day 9 Do not Fear

*46 God is our refuge and strength, a very present help in trouble.*

*2 Therefore will not we fear, though the earth be removed, and though the mountains be carried into the midst of the sea;*

*3 Though the waters thereof roar and be troubled, though the mountains shake with the swelling thereof. Selah.*

*--Psalms 46*

So many places, God instructs us not to fear. He tells us to be of good courage. Fear is a lack of faith and trust in God. When fear strikes, taking time to think on the power of God, the trustworthiness of God, the faithfulness of God will bring relief from the fear. Fear can cause us to make wrong decisions, since we are not thinking calmly and clearly. When we rely on Him to protect us in fearful times, it gives Him a chance to display His great power and goodness to us. We can be like the Israelites when they trusted in God:

*13 Then they cried unto the Lord in their trouble, and he saved them out of their distresses.*

*14 He brought them out of darkness and the shadow of death, and brake their bands in sunder.*

*15 Oh that men would praise the Lord for his goodness, and for his wonderful works to the children of men!*

--Psalms 107

## **Day 9 Prayer**

Father help me to put on the belt of truth. Let your truth be wrapped around me and protect me from all the lies of evildoers. Your truth drives out fear and lies. Thank you for Jesus who came and brought the truth to us.

Lord, please help me to put on the breastplate of righteousness. When I put my trust in You, I know I will be judged not by my faulty righteousness but the perfect righteousness of Jesus. Thank you for making that possible. Please forgive any sins I may have committed, and help me change so I don't repeat these sins.

Clothe my feet with the preparation of the Gospel of Peace, please Father. Take away any fear I might have to speak to others about your goodness, your mercy, the great love you have shown us. Don't let me fear to speak about the dangers of hell when I share your gospel message, please Lord.

Lord, help me to take up the shield of faith. When your people stepped out in faith, like the Israelites when they battled at Jericho, they had victory against all odds. Let me have such faith today and trust in your directions and your power.

Father, please help me to put on the helmet of salvation. When I trust in You and receive your salvation, I have no need to fear. Whatever happens, I have You. "O death, where is thy sting? O grave, where is thy victory?" What have I to fear even from death when I have your salvation?

Lord, help me take up the sword of the Spirit, which is the word of God. Your Word drives out all fear, Lord. Help me to remember and trust in your Word, bringing to mind your promises and your faithfulness which destroys my fear.