

WHAT TO DO WITH FEAR

Fear is part of everyone's life. We all get anxious at sometime or other. Even though God commanded us, "*Don't be afraid*" more than 100 times in the Bible – even though we believe in God and know that we can trust Him – we are all too often filled with fear. This is especially true for those of us dealing with anxiety disorder.

I never thought I was a very anxious person. Yet lately I've been anxious about things, making life quite uncomfortable. I wish I could learn to trust God more.

- What are some of the fears you are dealing with?
- What helps you cope?

David went through a lot of frightening situations. In Psalm 56 he wrote about one case in which he was captured by the Philistines. Let's look at how he dealt with it.

*When I am afraid, I put my trust in you.
In God, whose word I praise—
in God I trust and am not afraid.
What can mere mortals do to me?*

Psalm 56: 3-4

Isn't it incredible how David can say that? He very simply trusted God.

- Can you trust God like that? Or is it too hard? Why?

The way to overcome fear is simply to trust. Remember how Peter trusted Jesus when He told him to walk on water? He was able to do it as long as he trusted Jesus and kept his eyes on Him. But when he took his eyes away and looked at the storm around him, he started sinking.

Can you remember David's approach and make it your own? In simple words, he said three things:

1. Put your trust in God, and Him alone.
2. Do not fear
3. What can man do to me?

What is the worst man can do to you? He cannot take away your eternal life. He cannot make God love you any less.

Ultimately, what allowed David to trust God through even the worst times were the vows he had made to God. He had totally committed himself to God and there was no turning back.