

July 24-28, 2017

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5 MINUTES / 5 DAYS

Fear Not!**MONDAY****Taking Action on Your Fears***Psalm 34:4; Psalm 56:3-4*

Have you ever been afraid of the dark? I think most of us have at some point in our lives. Wouldn't it be great if, as we grew up, all of our fears disappeared also? We may not be afraid of the dark anymore, but we still have other fears. For some of us, our fears are heavy burdens we carry. They can paralyze us. They can cause us to not follow God's will. The Scriptures today remind us that we are to trust God with our fears. That sounds easier said than done for sure. However, our God is BIGGER than all of our fears. He can handle it. We need to give them to Him and trust Him. He will free us from all of our fears.

Read Psalm 34:4; Psalm 56:3-4, and pray and ask God to free you from all your fears. Then trust Him to do so!

TUESDAY**Fear of Failure***Romans 3:23; Proverbs 24:16*

Have you ever tried something and failed? If you have, you probably still remember exactly how you felt! You may even be able to tell the story vividly. Once this happens, we are ingrained with the fear of failure. No one likes to fail. In our culture, we equate failure with weakness, or we think we are not worth anything because we failed. The truth is that we will continue to fail. We are not perfect as our Heavenly Father is. The question then becomes, "Can I learn from this failure?" The answer is "yes." Failure can motivate us to do things for God that we would have never thought possible. It keeps us humble, and our faith can grow deeper through failure.

Rest in knowing that we have a God who will love us no matter how much we fail and that He will give us the strength we need to persevere and do what He wants us to do. (Philippians 4:13)

Glorifying God by producing more maturing followers of Jesus.

WEDNESDAY**Fear of Rejection***Proverbs 29:25*

We want everyone to like us and accept us for who we are, and when this doesn't happen, we are devastated. If someone doesn't like us for who we are, that's all we have. They haven't rejected just something about us, they have rejected us completely. This can cause tremendous pain in our lives. So we try to make everyone like us—which can lead us down many paths that God doesn't want us to take. It can lead us to compromise our standards and values, keep us from speaking the truth with grace and love, and keep us from Spiritual maturity. We need to remember that we are made in the image of God and that He loves us and accepts us!

Know that God loves you. Know that He will never reject you even if all others do. You are never alone. You are made in the image of God, and He accepts you. (John 3:16-17; 1 John 4:10)

THURSDAY**Faith vs. Fear***Ephesians 6:16*

The shield in ancient times was very important. Its purpose was a defensive one—to block an attack from your opponent. Today's verse uses the analogy of faith as a shield. We are told to use our faith to defend the attacks of the devil. We can use faith to defend against our fears. Our fears tell us things we can't do—the person we can never become. Our faith tells us that with God on our side, we can accomplish anything He wants us to, and we can become more and more like the person He wants us to be.

Remember that when fear comes into our lives, our faith in Jesus can ground us in truth and our fears will lose their power!

FRIDAY**Love: the Opposite of Fear!***1 John 4:18*

We tend to think that the opposite of fear is courage. One moving forward or overcoming something in spite of their fears can define courage. Let's look at this from a different perspective. If you have children or someone you care very deeply about and they needed you desperately, but they were across the county or the around the world, would you go to them? What if you had a tremendous fear of flying? The verse today tells us that love drives out fear. Because we love someone, we will move past our fears no matter what they are! This love comes from God. We are able to love because He first loved us.

May you experience God's love today. May you know that God is on your side and will always be there for you. Know that you can bring Him all your fears, and He will give you the strength to move past them.