



November 6, 2020

Come to Think of It, There's Nothing to Fear

I tell you, my friends, do not be afraid of those who kill the body and after that can do no more. - (Luke 12:4)

Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. - (Matthew 6:25)

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

Jesus taught us not to be afraid of those who can kill the body. He also discussed other fears people have, each of which he gently and intelligently dismissed. His invitation is that it is possible to live completely without fear. God is the kind of being who, if you will place yourself in his hands, in trust, will ensure that nothing can ever happen to you that will make you say, "I'm afraid" or "I don't have enough."

What do you fear? Whatever came to mind, I want you to know that you have nothing to fear. If you doubt this, I urge you to ask God to give you peace about this matter. Let me say it again: no matter what you fear, you can live without that fear. You do not have to be afraid of anything. Nothing. Absolutely nothing—not death, nor the result of a political election, not the loss of loved ones, nor being without someone to care for you. (This last one can become an all-consuming concern as we become older, we fear there will be no one to take care of us or those we love. I say this on the authority of Jesus, this is completely avoidable and unnecessary.) If you will take the time required to come to know and trust God as he is, asking the Lord to give light to your mind, you can come to a place of perfect peace and fearlessness. Because God is with you, you can live without fear. This is precisely what the Shepherd Psalm is talking about.

We must come to realize that fear and worry are worthless—indeed, vain—emotions. And that transformation of the self away from a life of fear and insufficiency takes place as we fix our minds upon God as he truly is.

Practice: *As you read this there is no use in feeling guilty about your fear and worry. You can leave that with God who both understands and forgives. What you need to do is develop a pattern in your life of fixing your mind upon God, and of asking him to fill your mind with himself. As your mind is transformed, your whole personality will be transformed, including your body and your feelings.*

Take a couple of minutes, find a quiet space, and allow your mind to dwell on the following truth from the Bible. I cannot be separated from God's love: "For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord." (Romans 8:38-39)