Fear Not

Isaiah 41:8-10

Fear is the most common and unpleasant emotion that we experience and it is caused by the belief that someone or something dangerous will happen and will cause pain or even death. We all have experienced fear and we continue to do so.

Even though we say we have "fear in the heart", fear actually starts in the brain and then it moves to the body generating three instantaneous responses - freezing, running away or fighting. These responses though most often do not help.

The best way to overcome fear is reliance on God and trusting when He says: "Fear not, for I am with you." (Isaiah 41:10)

God's word does not just hang in the air with no basis in reality. Every command that God gives has its reason and specific purpose. As you understand His reasons, you also gain power and ability to trust and obey His command.

In Isaiah 41, when God said "fear not," God also provided five substantiating evidences for it. God said, "I am with you"; " I am your God"; "I will strengthen you"; "I will help you"; and finally "I will uphold you with my righteous hand," which means, even if the trouble you face is not totally eliminated, God will still raise you above it. God, dear friends, never lets any challenge dominate over His plan.

God gave this command and its five supporting pillars to the Israelites while they were under fear of occupation and captivity. God called them His "chosen people through Abraham". This command though was not intended to a specific race, ethnicity or a group, but it is for all those who believe in Him and believe what He says. All believers are God's chosen people. If you believe in God, then you are His people. Thus, no matter what kind of difficult challenge you face, whether it is your health, security or safety, God tells you "fear not," and God promises He will be there for you. Better believe Him and trust what He says. What other alternative you have? Has any other option have ever helped you overcome your fears and anxieties? I guess not. Only God. He has absolute power over all danger, as He has power over evil and sin.

Remember, God is Emmanuel, God with us, He is our God, He is the one that gives us strength, He helps us when we are in trouble, and He holds us in His hands. And most of all God loves like no one else.

Jesus said: **"**Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid." (John 14:27)

Conclusion: If you ever experience fear or if you have anxiety over a difficult challenge that you face, turn to God. He is always on your side and He never disappoints.

Amen