

# Fear

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## WHAT CAN I DO WHEN I AM OVERCOME WITH FEAR? HOW DO I FIND THE STRENGTH TO GO ON?

PSALM 46:1-2; JOHN 14:27

God promises to comfort us in our fear if we seek him when we are afraid. We have the confident assurance that he is with us in any circumstance.

- <sup>1</sup> God is our refuge and strength,  
always ready to help in times of trouble.
- <sup>2</sup> So we will not fear, even if earthquakes come  
and the mountains crumble into the sea.

<sup>27</sup>“I am leaving you with a gift—peace of mind and heart. And the peace I give isn’t like the peace the world gives. So don’t be troubled or afraid.”

## WHEN IS FEAR GOOD?

PSALM 2:11

Because God is so great and mighty, and because he holds the power of life and death in his hands, we must have a healthy, reverent fear of him. A healthy fear helps us keep our perspective about where we need to be in our relationship with God.

- <sup>11</sup> Serve the LORD with reverent fear,  
and rejoice with trembling.

2 CORINTHIANS 7:1

A healthy fear of God motivates us to strive for holiness.

<sup>1</sup>Because we have these promises, dear friends, let us cleanse ourselves from everything that can defile our body or spirit. And let us work toward complete purity because we fear God.

DEUTERONOMY 31:7-8

Fear can be good if it teaches us about courage. Joshua couldn’t have truly understood courage if he hadn’t experienced fear. Fear gave him courageous character and taught him to rely on and trust in God.

<sup>7</sup>Then Moses called for Joshua, and as all Israel watched he said to him, “Be strong and courageous! For you will lead these people into the land that the LORD swore to give their ancestors. You are the one who will deliver it to them as their inheritance. <sup>8</sup>Do not be afraid or discouraged, for the LORD is the one who goes before you. He will be with you; he will neither fail you nor forsake you.”

## WHEN IS FEAR NOT GOOD?

HEBREWS 10:31

Fear is terrifying if we have to fall into the hands of God without having made peace with him.

<sup>31</sup>It is a terrible thing to fall into the hands of the living God.

GENESIS 26:7; JOSHUA 17:16-18

Fear is not good if it keeps us from doing the things we ought to do. We are not meant to live in fear.

<sup>7</sup>And when the men there asked him about Rebekah, he said, “She is my sister.” He was afraid to admit that she was his wife. He thought they would kill him to get her, because she was very beautiful.

<sup>16</sup>They said, “The hill country is not enough for us, and the Canaanites in the lowlands around Bethshan and the valley of Jezreel have iron chariots—they are too strong for us.”

<sup>17</sup>Then Joshua said to the tribes of Ephraim and Manasseh, the descendants of Joseph, “Since you are so large and strong, you will be given more than one portion. <sup>18</sup>The forests of the hill country will be yours as well. Clear as much of the land as you wish and live there. And I am sure you can drive out the Canaanites from the valleys, too, even though they are strong and have iron chariots.”

*Promise from God: Isaiah 41:10*

<sup>10</sup>Don't be afraid, for I am with you. Do not be dismayed, for I am your God. I will strengthen you. I will help you. I will uphold you with my victorious right hand.