



## *Fear Not*

I woke up this morning with riveting thoughts about the power of fear. I was reminded of a great lesson I learned while teaching healing school. It became so obvious that fear was one of the greatest enemies of recovery. This is because fear contradicts, compromises and cripples faith. In effect, it becomes a roadblock, preventing faith from setting us free.

God wants His people to be free – free of sin, free of disease, free of poverty – yes, free indeed! But, Satan, the enemy of our faith, works in the human imagination to promote any disaster or trauma that would stop our faith in its tracks. He wants to prevent us from living in victory.

The Scripture says, “Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ.”<sup>1</sup> When we “cast down imaginations”, we destroy every thought that opposes the truth of God’s Word. We fit “every loose thought and emotion and impulse into the structure of life shaped by Christ.”<sup>2</sup> What a wonderful word!

The battleground of imaginations is our


mind. Instead of meditating on the Word of God and trusting our wonderful Father to fulfill His promises, we focus on our problem. We continually recreate some trauma or potential disaster until the worst possible scenario floods our mind. If you watch any news broadcasts, you have seen the floods that overwhelm lands and destroy cities. These

## *Does God want us to struggle? No!*

images paint a graphic picture of the mental anguish that is possible if our minds are bombarded by fear and doubt. Soon, we are like a boater bailing frantically from a sinking vessel.

Well, today, let’s plug up any holes in our mind that would trouble us. First, we admit that fearful thoughts are not centered in God or His Word! It is only as we honor God’s Word that our minds cannot be imprisoned by fear. When fear is in charge, it dominates our thoughts and allows our emotions to lead us astray and capsize our stability.

Years ago, I was listening as a gentleman relived his rescue from an overturned boat. When his boat capsized, he was trapped underneath its frame. He was there until



someone came to rescue him. Similarly, fear traps us, limiting our vision and tossing our thoughts until we expect defeat. However, if the Word of God is in our heart, we know that God will rescue us.

Oh, if we'd only go to our great and mighty God for help. He said, "Fear thou not; for I am with thee: Be not dismayed; I am thy God: I will HELP thee."<sup>3</sup> Wow! There it is – the most magnanimous offer of help in the universe. God Himself will help us. He will also bring people into our lives to help us. What a wonderful Father!

Does God want us to struggle? No. He has promised perfect peace, peace beyond understanding.<sup>4</sup> The prophet Isaiah spoke of this peace saying, "You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!"<sup>5</sup> When Jesus instructed the disciples, He said, "Peace I leave with you, my peace I give unto you."<sup>6</sup> Then He told them, "Let not your heart be troubled, neither let it be afraid."<sup>6</sup> These powerful declarations work effectively in our spirit to calm every fear. They promise the peace of God which is far more powerful than any fear or upheaval we entertain.

When the apostle Paul wrote to the church at Rome, he asked them, "If God is for us, who can be against us?"<sup>7</sup> One Bible scholar translates this text, "With God on our side like this, how can we lose?"<sup>8</sup> I love this verse, especially after I read the answer the apostle Paul wrote by inspiration of the Holy Spirit. After listing the many difficulties we experience, he said, "We are more than conquerors through him that loved us."

If this Word from heaven is in our heart, it is impossible to remain afraid. Of course, we will still be challenged by fear, and fear is paralyzing. If it gains ground, it grows stronger and stronger. By promoting dread and despair, it overwhelms our mind and emotions. But the

Word of God says, "God has not given us a spirit of fear."<sup>9</sup> Fear is not from God! The promise of God is peace and victory!

This glorious peace from God uproots every fear when we acknowledge God's promises and yield to His Spirit. Like an artist, the Holy Spirit sketches visions from heaven in our heart until the image from the Word of God is far greater than our mind's speculation of disaster. The light of God's Word becomes brighter – so much brighter – than the thoughts and emotions that magnify defeat. Through faith in God, joy and peace dominate our lives.

The Word of God testifies that there is "joy and peace in believing."<sup>10</sup> Therefore, we don't depend on advanced knowledge, bulldog tenacity, willpower, or good works to walk in peace. We simply believe in God's Word. Through our belief in God, the Holy Spirit empowers us to overcome every difficulty and trauma.

So we rejoice! The Word of God declares that we rejoice with "joy unspeakable and full of glory."<sup>11</sup> This abundant joy rules our lives because God is our peace. Sickness may dictate fear. Financial loss may prompt despair. A difficult relationship may bring depression. But we know God is our peace, and we rejoice.



<sup>1</sup>2Co 10:5 <sup>2</sup>2Co 10:5 MSG <sup>3</sup>Is 41:10 <sup>4</sup>Php 4:7 <sup>5</sup>Is 26:3 NLT  
<sup>6</sup>Jn 14:27 <sup>7</sup>Rm 8:31 <sup>8</sup>MSG <sup>9</sup>2Ti 1:8 NKJ <sup>10</sup>Rm 15:13 <sup>11</sup>1Pe 1:8

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