



## Take Jesus' Hand

Scripture: Matthew 6:25,34 Isaiah 41:8-13

Read the scriptures in Matthew 6 and Isaiah 41 and note how many times God says “do not fear,” “do not be afraid” and “do not worry.”

Reflection:

In today’s culture, fear runs rampant. With widespread access to the internet, we have more exposure to news stories about death, natural disasters and tragedy than ever before in history. The media seems to feed on fear to bolster its ratings. However, the phrase “Fear not” and similar imperatives such as “Do not be afraid,” and “Do not worry,” are mentioned over 365 different times in the Bible. Evidently, God is trying to make it very clear that though fear *is* a part of our human experience, we are **NOT** to react out of fear. So how can we continue to seek healing for our human tendency to react to circumstances with fear?

On the Weekend you received healing from fear as you asked Jesus to enter into a fear-filled time in your life. You were invited to walk through your fear toward Jesus. You realized it was Jesus who says to you, “For I, the Lord your God, hold your right hand; it is I who say to you, ‘Do not fear, I will help you.’” By consciously seeking the presence of Jesus through His Holy Spirit, you were able to walk through your fear to receive healing in Christ. You walked in faith, not in fear or anxiety. You trusted God **can** and **will** work for the GOOD in your circumstances. This is a beautiful truth. **No matter what... GOD is GOOD.** We have a choice. We can choose to remind ourselves of the fact that our God is a good God.

This truth is anchored in Romans 8:28-29, “*We know that all things work together for good for those who love God who are called according to his purpose. For those who God foreknew he also predestined to become conformed to the image of his Son.*” What a beautiful Kingdom-based reality! Since God is good, we can confidently face any situation with trust, knowing that He is in control of the outcome. God is ultimately using all things to transform us to be more like Jesus.

On the Weekend you also participated in an exercise that highlighted the fact that we only have so many heartbeats left here on this earth. Time is precious. How will you choose to live out the number of days you were given? Will they be driven by fear or trust? We are all called to live our life responsibly, not passively. We need to “own” and do our part in any given situation. However, once we have done all we can do, we need to refrain from worry and not fret. God



asks us to NOT worry about what we can not control. In order to step through our fears, it is helpful to identify and replace any false narratives that we may unconsciously believe about God and our circumstances. Our response must be generated out of a foundation of faith that believes God is truly *for* us, He is *not against* us. As we reframe our narratives, we can begin releasing the outcome of all situations to Him.

- At your core, do you believe God is good? Recall and write down specific instances when God answered your prayers.
- Currently what are you afraid of? What do you spend your time worrying about? Make a list of all your concerns.
- Pray over this list and star the areas in which you *can* do something to address the situation.
- Now pray over the things that you can not do anything about and relinquish them to God's loving care.

#### Soul Training:

It is important to realize when we are reacting out of fear. As we become aware of our feelings, we can replace our response with a faith-based mindset that God is GOOD!!, To transform our minds, it is helpful to memorize scripture and exchange the lies with the truth. Start with Philippians 4:6-7. Take one verse at a time, write it down on a 3x5 notecard and carry it with you throughout the day until it's memorize word-perfect. Then memorize verse 7 in the same manner. Continue to recite these verses until they come naturally to you so that you will have an ingrained response to fear and anxiety when they occur. You can choose to trust that God is good, all the time.

#### Prayer:

*"Praise the LORD! Oh give thanks to the LORD, for He is good; For His lovingkindness is everlasting." –Psalm 106:1*