

I will not fear

Whenever I am afraid, I will trust in You. In God (I will praise His word), In God I have put my trust; I will not fear. What can flesh do to me?"

Psalms 56:3-4 NKJV

"Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the LORD your God is with you wherever you go."

Joshua 1:9 NKJV

Dear Friend,

Do you feel fear and what are you afraid of?

Your fear may be from past unhealed trauma, frightening memories, unrealistic expectations from others, fear from been judged , fear of what people may say and think about you, fear of the unknown, fear of death, fear of things like heights, fear of not measuring up to what you think others have achieved and you have not achieved it yet or how to go about starting or completing a project etc. Fear will keep you from been yourself. Fear will keep you from been your best and achieving and expressing your potentials in life. Fear can cause you to miss opportunities ahead of you. The fear of tomorrow, robs people of their great future. Fear torments and robs you of your peace. Fear can prevent you from making the right life saving decisions when you should. Yes we do feel fear and

we will feel fear several times in our lives as we face daunting or challenging situations but we will not give into it or let fear control our lives instead we will confront the cause of our fears and get out of the crippling effects fear can have on us. Confronting your fear is a sign of maturity instead of avoiding it.

1.You can confront or conquer fear by praying and crying out to God and giving him thanks. Go to God in prayer and ask him to help you and be honest with him about your feelings and ask him to guide you on how to work through you feelings. Psalm 34:4-6

2.You can confront or conquer fear by choosing to have faith in God. God holds your future and he knows the best for you . Nothing under God's control will go out of control. He knows the right timing for everything. Don't you know you have a great God, he can handle it all. Mark 10:27

3.You can also confront or conquer fear through deep and genuine love for God and others. Perfect love drives out fear. The more you know how much God loves you and you love God, you surrender to him knowing he loves you and he is all out for your good. You then do not have to fear or surrender to anything else as you surrender to God to take control. Love others as you want to be loved. IJohn 4:18-19

4.You can confront or conquer fear by acknowledging and embracing God as your Father. A father always

protects his children.

God will always protect you as his child from anything that may or will harm you.

He knows how to arrange circumstances to keep you from danger. Romans 8:15

5.You can confront or conquer fear by living a holy life. The only thing that keeps God away is Sin. God has promised to be with you in all circumstances in life but how can God do this if you live in Sin. Do away with sin and keep fear away.Isaiah 59:1-2

6.You can confront or conquer fear by deciding to be courageous which means you may feel fear but you still do what you think should be done by acting appropriately. God always acts as we act accordingly. For example, You may need to seek support, counselling, therapy when you are in an emotionally or physically unhealthy relationship that keeps you in fear or you may decide to leave the relationship. Confronting fear with courageous wise action will help in such a situation. 2Timothy 1:7

7.You can confront or conquer fear by good preparation and planning ahead. Prepare for eventualities , plan and put your plans in the hands of God. Plan ahead but do not be anxious or worry. A quote says 'save for the rainy day'. Have a good health check yearly if you can, a positive mindset will also keep you going. Proverbs 24:27

8.You can confront or conquer fear by studying or meditating on the scriptures about what the Bible teaches about ‘ fear’. The Bible study scriptures readings at the end of this notes is a guide into the scriptures to help you as you study. Try to read and meditate on one scripture a week.

Fear is sometimes said to be an acronym for False Evidence Appearing Real. We may fear what may never happen and never enjoy God’s peace for us. Do not let fear cripple you and keep you in a dangerous situation when you should act appropriately. Fear will avoid hard things because of insecurity or doubts but you need to be willing to take on the necessary challenges you have to face so as to move forward at every stage you need to in life so that you succeed. The sea did not part for Israelites until they went into sea as God commanded. Joshua 3:13 Always remember God has promised you his presence even in difficult situations so do not give in to fear. Isaiah 43:2

Further Bible Study Scriptures Psalm 27:1 , Philipians 4:6, Mathew10:28 , Deut31:6, Psalm 64:1-2 Joshua 1:9 , Hebrews11:6-11 , Eph 6:16 , I Samuel 7:7-8 Genesis15: 1 , Exodus 15:13-14, Judges 7:3, John14:27, Isaiah 41:10-12.

I invite you to make Jesus the Lord ,saviour and friend of your life and becoming God’s child

- Admit your mistakes and be willing to let God give you a new beginning**

- **Believe that the Lord Jesus is your Savior and He died on the cross and ressurected to save you.**
- **Confess your sins through prayer and invite Jesus Christ into your life.**

Dear Lord Jesus, I am sorry for all my wrong doings, please come into my heart and live forever. I receive you as my Lord and saviour. Through Jesus I have eternal life and I am born again. Thank you Jesus. Amen

I encourage you to read your Bible from now on, talk to God in prayer, join a Bible based church and fellowship with other Christians to encourage your faith.

Elshaddai Bible Study and Prayer Ministries
elshaddaibsandpministries@gmail.com

