

Do not be afraid - Do not fear

by Lori Malnes

I am a person who likes to have all my ducks in a row - I pack early for a trip, I meal plan and make my grocery list accordingly, I like math because I can find an answer, before my kids leave for college or end their visit home, I plan when I'll see them again - I want to know, I need that assurance. When I don't know - when I don't have that assurance - my natural tendency is to worry. And what is worry but fear - fear of the unknown.



So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. Isaiah 41:10

How many times does the Bible tell me, "Do not be afraid" or "Do not fear."? Over 100 times!! And if you count the times the Bible says that I should not fear without using those exact words, the number reaches into the mid-300s!! Wow!! God really wants me to trust in Him with every detail of my life - He's got it covered.

Even when I don't know the outcome or have the answers, I can trust that God does - and I can rest in His assurance that all will be well and I need not fear. His ways are not my ways - and He may allow struggles and challenges, hurts and disappointments, as a means to bring about a far greater good in my life and in others than I cannot even imagine. And my goodness, God is God - THE GOD - the almighty, all-powerful, all-everything-good God!!

When I acknowledge His lordship over all, it makes my worry - my fear - seem foolish. I sure am glad that God has forgiven me of my foolishness and has patience with me as I learn to "walk by faith and not by sight," to trust in His amazing love and wisdom. And what a neat thing to share with others - this peace that surpasses all understanding!



Season: Pentecost

Videos: 11. Cancer. The dreaded "C" word.

22. Rejoice in the Lord...always?

Devotions: 42. Our Worst Enemy by Christine Wentzel

50. Life Interrupted by Christine Wentzel

117. Lord, Get Me Through This Storm! By Karen Spiegelberg

158. A Trust Without Borders by Tracy Hankwitz

168. Heroes of Faith:
Steve Hayner by Christine Wentzel

191. "DO NOT FEAR" by Julie Luetke & Christine Wentzel

197. What Are You Afraid Of? by Julie Luetke

Prayer: 44. Reconciliation by Christine Wentzel

Super Girl: 38. There is so much going on right now that I can't write about...

Scripture References: Romans 8:31; Genesis 15:1; Genesis 31:5; Genesis 49:24; Exodus 14:13; Exodus 20:20; Deuteronomy 20:1; Deuteronomy 31:6; Isaiah 40:29; Isaiah 41:13

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