

Daily devotions for
2019



Day 53
Looking at Life, part 5

When fear takes over

"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

"Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."
Joshua 1:9

"Even though I walk through the valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me."
Psalm 23:4

We all feel fearful about one thing or another at some point in our lives. I most definitely have, on countless occasions. Fear can be healthy, if it encourages us to be cautious, avoid danger and preserve life. It can also be unhealthy, if it takes over our mind and personality. Fear transcends differently in each person, and in different situations, but is overcome by God's love for us.

I have had several operations for various things over the decades. Some have been with a local anaesthetic, and quite a few under general anaesthetic. I don't remember feeling fearful about any of the operations, except one! I felt anxious because I was having a lump removed, and fearful at the possibility that it might be malignant. I was in the operating theatre, surrounded by several medical staff and the surgeon. I was instructed to count backwards from ten as they administered the anaesthetic. Instead, to my own surprise, I started singing (rather loudly), 'Turn your eyes upon Jesus'. I have no idea where I got to in the song, but at least some of them, if not all, must have thought that I was completely bonkers! I felt mortified by that memory when I awoke but look back now in amusement. Oh, to have been a fly on the wall that day!

The point is this; I felt at peace, not filled with fear, in that situation once I included Jesus in it. My husband fears going to the dentist, I get anxious around lots of people, but try hard not to show it, and have a terrible fear of heights. We all feel anxious or fear many things; rejection, failure, finances, people, flying, preaching, clowns, exams; we fear animals and some fear death. Fear says: "Avoid." Faith says: "Confront." (Selwyn Hughes).

If we put our trust and faith in Jesus, we have the assurance that we can move toward our fears and He will help us get through anything.

Prayer

Thank you Heavenly Father that I need not fear anything for you are with me, and