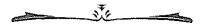
Since You are my light and salvation, Lord, what should I be afraid of? You are my stronghold-so why should I fear anything?

(Psalm 27:1)



You are with me, Lord, so I won't be afraid. What can human beings do to me when I have You?

(Psalm 118:6)



You did not give me a timid spirit, God, but a spirit of power, of love, and of selfdiscipline.

(2 Timothy 1:7)



Prayers for Difficult Times Barbour Publishing

Fear



God is our refuge and strength, an ever present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea.

Psalm 46:1-2

Lord, You are my light and my salvation. Whom shall I fear? You are the strength of my life. Of whom shall I be afraid? When my emotional enemies attack me, they will stumble and fall. Though an entire army of fears come against me, my heart will be strong. Even in the midst of a war, I can be confident in You, because I ask You for only one thing; that I may dwell in Your house all the days of my life, seeing Your beauty. For I know in the time of trouble, You will hide me in Your pavilion. You will tuck me away inside a secret nook inside Your tabernacle; You will set me on a rock where I will be safe, where I can lift up my head and see over the heads of my enemies. And that is why, Lord, I sing to You with joy!

(Psalm 27:1-6)

Fear is a normal and healthy biological reaction that alerts us to danger.

Unfortunately, in our lives, fear and danger no longer necessarily go together.

Instead, fear can exist all on its own.

When that happens, fear becomes destructive and crippling. As Franklin D. Roosevelt said, "The only thing we have to fear is fear itself."

When we find ourselves in bondage to fear, God holds the key that can set us free. When life seems threatening, filled with unknown (and possibly imaginary) dangers, He will be our refuge. He is always there. In Him, we can always be secure.

Thank You, Jesus, that You have given me Your peace. I know Your peace is not like anything the world has to offer me. Because of You, I will not let my heart be troubled, neither will I let it be afraid.

(John 14:27)



For You, Lord, have not given me a spirit of bondage to fear. Instead, Your Spirit has adopted me. And now, whenever I am scared, I can cry, "Daddy! Father!"

(Romans 8:15)