

BIBLE WORK

What does the Bible say about fear?

I sought the Lord, and he answered me and delivered me from all my fears.

PSALM 34:4

The Bible is filled with stories of people who overcame their fears with the strength of God. The term “fear not” is stated in the Bible over 300 times.

Fear has the potential to paralyze us. Yet, while the Bible instructs us to fight against the strongholds of fear, some struggle with this concept. Since God didn't protect their loved one from death, will lightning strike twice?

In **Psalm 34:4**, King David sought the Lord and He answered, delivering King David of his fears. How did King David hand it over? Did he trust God, and let him have full control?

Through His Word, God tells us there is nothing to fear, yet it's human nature to want to control things we fear, instead of trusting God. Loss of a loved one creates very real fears for many. In **John 16:33**, Jesus tells us that we will have tribulations in the world but to be of good cheer since he has overcome the world.

So then, what do we fear? Is the spirit of fear an attack from the devil when we're at our weakest? If so, why doesn't God protect us from the devil's assault? Does fear test our faith, or bring us closer to God?

WHAT DOES THE BIBLE SAY ABOUT FEAR?

Does the Bible's portrayal of fear bring comfort? If so, what scriptures do you find helpful?

ANSWER:



SCRIPTURES TO EXPLORE

- ISAIAH 41:10
- 1 JOHN 4:18
- JOSHUA 1:9
- SECOND TIMOTHY 1:7

MY SCRIPTURES



PRAYER

Dear God,

Fear of many things has taken hold of my heart. I fear the future without my loved one. I fear losing another loved one. I fear I will never feel joy again. I fear I won't feel your comfort during my season of grief.

Lord, I ask you to ease the fear in my heart, and to give me strength to bear my sadness. I thank you for holding such heavy burdens for me, and ask you to help me give them all to you to carry.

In Jesus' name I pray, Amen.

