

Weekly Mom's Devotional

Week 2: God Has Not Given Us A Spirit of Fear

I have had to battle a lot of fear throughout my life, so I am no stranger to both overcoming and being overcome with fear and anxiety. During this time, when the world is faced with the Coronavirus and declining economies, I was proud of how well I had been conquering fear. I felt as though God gave me a supernatural peace through it all. Friday I went to a few of stores and had to pick up some groceries, and Saturday I had to stop at the bank. The empty shelves, long lines, and closed stores started to worry me, and for a few minutes, I allowed negative thoughts and fears to enter my mind.

I'm sure all Mamas would agree that they want their children to have a great childhood, be healthy, and grow up blessed and full of joy. On Saturday, the LIES of fear, that the current situation could become so bad that it would negatively affect my children, caused my chest to tighten with anxiety. I had let those thoughts creep in for only a couple of minutes before they already made my brain imagine worst case scenarios and my body respond negatively. I realized pretty quickly that I needed to give it all to God and trust Him, so I asked my husband to pray with me right then and there.

Not by coincidence, I believe, my devotional entry Saturday night was about fear and included the comforting Bible verse that Shellie also shared in the Sunday service!

John 16:33 "These things I have spoken to you, so that in Me you may have peace. In the world you have tribulation, but take courage; I have overcome the world."

NASB

The parts, “in Me you may have peace,” “you may have tribulation,” and “I have overcome the world” are so powerful and may hit home for many of us during this time of uncertainty. The verse acknowledges that the world can cause stress and fear, but also shows how God is so much bigger than the world that He already defeated it. In other words, the world, as the defeated foe, cannot harm us as long as we walk with Him, the victor, because He will keep us safe and take care of us! God gave me this verse Saturday night, and I knew then that I would include it in this devotional. Then Shellie also shared it on Sunday. I think God is trying to speak to us, His children, through this verse. He wants us to know that He has our backs and that no matter how scary the world may seem, He beat the world, so we don’t need to fear anything. We just need to trust Him.

If our children have ever been afraid of a bad dream, a monster in their room, the dark, or something similar, don’t we try to reassure them that there’s nothing to be afraid of - that there’s nothing in the dark, under the bed, in their closet, or in their nightmare that can hurt them? We do everything we can to show them they are safe and that we are there for them. God is doing the same thing with us! There isn’t anything to be afraid of, because God has built protection around us. Nothing can harm us besides the fear itself, which is why He wants us to fight fear and receive the supernatural peace He has for us!

One analogy my devotional gave said, “*When Satan tries to give you fear, give it back to him. You wouldn’t drink poison if someone offered it to you, would you (Meyer, 2018)?*” I thought this was thought provoking, because fear is exactly like a poison. Fear can keep us frozen, so we cannot do the things we are supposed to do or enjoy life to the fullest. It thereby steals our joy, comfort, and peace, and makes us feel emotionally and spiritually sick.

If you're like me and have struggled with fear at any point in your life, including during this chaotic time, the good news is that God has a lot of encouragement for us in His Word! Instead of accepting and holding this fear, we can reject it and accept the perfect peace and wonderful joy that God wants so badly to give us. Trying to intentionally focus on God, reading my devotional, and hearing the confirmation of God's protection from Shellie, I was able to recover the supernatural peace that I had before. Now I will be intentional in keeping it, by not letting fear in when it knocks! I will continue to seek God's complete joy and love and will pray that together we can develop a habit of looking to God right away for peace and joy whenever fear knocks.

I thought this song was one helpful way to look to God and focus in on Him while rejecting fear from our minds and hearts. There are also many other songs that would be good for meditating on God's power that overcomes fear.

I Will Fear No More by, The Afters

<https://www.youtube.com/watch?v=wMmmbJIWhtk>

Other helpful verses concerning Fear:

For God has not given us a spirit of fear, but of power and of love and of a sound mind.

2 Timothy 1:7 NKJV

Even though I walk through the valley of the shadow of death, I fear no evil, for You are with me; Your rod and Your staff, they comfort me. Psalm 23:4 NASB

I sought the Lord, and He answered me, And delivered me from all my fears. Psalm 34:4

You who fear the Lord, trust in the Lord; He is their help and their shield. Psalm 115:11

“You are not to say, ‘*It is a conspiracy!*’ In regard to all that this people call a conspiracy, And you are not to fear what they fear or be in dread of *it*. Isaiah 8:12

Say to those with anxious heart, “Take courage, fear not. Behold, your God will come *with* vengeance; The recompense of God will come, But He will save you.”
Isaiah 35:4

‘Do not fear, for I am with you; Do not anxiously look about you, for I am your God. I will strengthen you, surely I will help you, Surely I will uphold you with My righteous right hand.’ Isaiah 41:10

“In righteousness you will be established; You will be far from oppression, for you will not fear; And from terror, for it will not come near you. Isaiah 54:14

²⁵ “For this reason I say to you, do not be worried about your life, *as to* what you will eat or what you will drink; nor for your body, *as to* what you will put on. Is not life more than food, and the body more than clothing? ²⁶ Look at the birds of the air, that they do not sow, nor reap nor gather into barns, and *yet* your heavenly Father feeds them. Are you not worth much more than they? Matthew 6:25-26

Devotional mentioned:

Meyer, Joyce 2018. The Confident Woman Devotional: 365 daily inspirations. March 21: Peace and Confidence (p.92).