

A Constant Reminder

If the first thing you heard every morning was to wash your face and brush your teeth, would that likely become a lifetime habit for you? Three hundred and sixty-five times a year you heard the same comment – every day of your life. It would become second nature.

The Bible tells us to not be afraid. This advice appears 365 times in the Bible – symbolically (and perhaps by God’s design) one time for each day of the year. So, if every day God told you not to be afraid, would you take His advice?

Easier said than done? For example: I have a fear of roller coaster rides. I like being in control. Riding upside down in an amusement car at breakneck speed or starting a steep dive is not my idea of fun. Even though I am fully strapped in, I am fearful.

One of our biggest fears is the unknown. We don’t know what will happen, but God does. If you give up control and turn your apprehensions over to God, you have nothing to fear. It has been said, “We don’t know what the future holds, but we know who holds the future.” *That night the LORD appeared to him and said, “I am the God of your father Abraham. Do not be afraid, for I am with you;” ... (Genesis 26:24).* My own biggest fear is of failure. God can handle that, if you let Him. During a particular difficult time I turned my YMCA over to God. As soon as I did that, God made my YMCA an enormous success. It really works. If God is with us, why do we need to fear?

Pictured above is a tee shirt from a YMCA Christian Leadership Conference, highlighting the conference theme “Fear Not”. All of the scripture verses relate to critical events from the Bible. These biblical events are far more important than my childlike fear of a roller coaster ride. Life itself is a roller coaster ride, with plenty of ups and downs. But, if we give God control we can be at peace, without worry. Just like on the amusement park ride, in real life there is something holding us safely in place: God. There may be bumps along the way but God will see us through. Listen to these real-life passages from the Bible shown on the shirt:



- *Joshua said to them, “Do not be afraid; do not be discouraged. Be strong and courageous. This is what the LORD will do to all the enemies you are going to fight” (Joshua 10:25).*
- *“Do not be afraid,” Samuel replied. “You have done all this evil; yet do not turn away from the LORD, but serve the LORD with all your heart (1 Samuel 12:20).*
- *... then, free of fault, you will lift up your face; you will stand firm and without fear (Job 11:15).*
- *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)*
- *Then he continued, “Do not be afraid, Daniel. Since the first day that you set your mind to gain understanding and to humble yourself before your God, your words were heard, and I have come in response to them (Daniel 10:12).*
- *Do not be afraid, you wild animals, for the pastures in the wilderness are becoming green. The trees are bearing their fruit; the fig tree and the vine yield their riches (Joel 2:22).*
- *But Jesus came and touched them. “Get up,” he said. “Don’t be afraid” (Matthew 17:7).*
- *... because they all saw him and were terrified. Immediately he spoke to them and said, “Take courage! It is I. Don’t be afraid.” (Mark 6:50).*
- *But the angel said to her, “Do not be afraid, Mary; you have found favor with God (Luke 1:30).*
- *One night the Lord spoke to Paul in a vision: “Do not be afraid; keep on speaking, do not be silent (Acts 18:9).*

Remind yourself every day – 365 days a year – to give control to God. The secret of a feeling of security is: If you seek to do God’s will you have nothing to fear. He will guide, protect and see you through the challenges you face. It is not about ignoring the dangers of life but trusting God’s strength and wisdom. You can do this!

Question: How do you handle your fears? Do you seek to do His will and therefore have nothing to fear?

Prayer: Dear Lord. We know you are in control. We pray we will seek to do your will and then we can surrender our fears to you. Amen.