

## WHAT'S NEW?

Not fear! We read about Adam and Eve's fear in Genesis 3 after they sinned in the Garden of Eden.



## SONG FOR YOU!

Bye, Bye, Bye to Fear

https://www.youtube.com/ watch?v=XzWfgt32dPw&li st=PL\_EFES70caadHBFKa 5EZu8RwqJTxyx2Pk&inde x=3 Title: Do Not Fear! TODAY'S VERSE:

Isaiah 41:10 fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.

What are you afraid of? The dark? Spiders? Bullies? Death? At this time in history, our world is plagued with fear. What does the Bible tell us about fear?

We are to fear God, not people: Matthew 10:28 And do not fear those who kill the body but cannot kill the soul. Rather fear Him who can destroy both soul and body in hell.

We are not to worry about *anything*. We are to be grateful for what we have and ask God for what we lack: Philippians 4:6 *do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.* 

We are given God's peace, so we are able not to fear: John 14:27 Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.

We are to live a life of love, which does not include fear: John 13:35 By this all people will know that you are my disciples, if you have love for one another.

1 John 4:18 There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected in love.



## DID YOU KNOW?

God loves you and promises to take care of you, including providing you with food and clothing (Matthew 6:25-34).



## GAME TIME!

Psalm 23 Jigsaw Puzzle

<u>http://www.dltk-</u> <u>bible.com/old\_testament/</u> <u>psalmtwentythree-</u> <u>puzzle.htm</u> We should not fear because the Bible tells us not to. God is not asking us, He is commanding us not to fear, worry, or be anxious. Our God is omnipotent (all powerful), omniscient (all knowing), and loves us. He wants what is best for us, so we should trust in Him.

Jeremiah 29:11 For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope.

So, how do we obey God and stop fearing, worrying, and being anxious? Are we able to overcome these emotions by our own strength and simply make the decision to no longer feel them? The answer to these questions is the same answer to every question and every problem we have in this life: God is the answer, the solution, and the only one who is able to take away our fear. So, we must seek Him: Psalm 34:4 I sought the Lord, and he answered me and delivered me from all my fears.

We begin to seek God by reading our Bibles and praying. Both Bible reading and praying need to be as big a priority in our lives and just as much a part of our daily routine as eating and sleeping. During those times when we feel afraid, we must then read His Word and pray even more. This daily praying, reading and obeying His Word will result in the development of both a relationship with and an unshakeable trust in Jesus Christ. This trusting relationship is what will deliver us from our fears. *Isaiah 26:3 You keep him in perfect peace whose mind is stayed on you, because he trusts in you.* 

The next time you feel afraid, worried, or anxious, go sit in a quiet room, talk to God, and read **Psalm 23**, more than one time. You will be amazed at how much peace this will bring you, just as He has promised.

