

Do not fear - by Sally Tointon

The Bible tells us 365 times "Do not fear". If God feels He needs to tell us 365 times, He must obviously see it could be a problem for us.

In these challenging and uncertain times there is a lot of fear around. I am sure that we all know from life's general experiences, how easy it can be to let fear overtake us.

However, I have learned, albeit very slowly, that to have some of God's promises memorised, and to speak them out, does calm the fear and restores peace and faith.

Some time ago, in "Word for Today" (a daily reading booklet), it gave a list of scriptures to use when we feel fearful or worried. They have helped me and I thought they might help others, especially in these difficult times. Or perhaps we can declare these words together on behalf of our community or wider.

Here they are:-

Psalm 34:4

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

2 Corinthians 10:5

I cast down every anxious thought that rises up against what I know about you and your power  
(paraphrase)

Hebrews 13:5

Never will I leave you  
Never will I forsake you

Jeremiah 32:17

Sovereign Lord, You have made the heavens and the earth by your great power and outstretched hand. Nothing is too hard for You.

Psalm 91:11

For He will command a His angels concerning you to guard you in all your ways.

Philippians 4:7

And the peace of God which transcends all understanding will guard your hearts and minds in Christ Jesus.

John 14:27

Do not let your hearts be troubled, do not be afraid.

Let us not forget that Jesus said,

"In this world you will have trouble. But take heart, I have overcome the world"

John 16:33

If you'd like a copy of "Word for Today" just let me know and I'll get it dropped on your doorstep!