



I HAVE BEEN SET FREE FROM FEAR!

Fear is a powerful force. It taunts children, prompting them to sleep with one eye open to deter the “monster” in their closet or under the bed. It intimidates parents, making them feel deflated and powerless to re-direct a concern or deficiency they see in the life of their child. It robs the peace of adults as they balance their checkbook and find that the numbers aren’t on their side. Again. It even prods otherwise compassionate people to become just plain mean toward others who disagree with them as it re-frames people as a threat that must be removed and silenced. Fear has a way of bringing out the worst in us. That’s because it was never meant to reside in us. God made us in the Garden with everything we needed, and he himself was our security. We were gloriously complete. But our fall triggered shame, which placed us immediately under slavery to *fear* — a poison that assaults our reason, our emotions and our very health as the culprit of a whole host of ailments and sicknesses. We weren’t created to live this way.

But just as Moses stormed authoritatively into the Pharaoh’s courts to demand the freedom of the children of Israel, our King parted the clouds and came to earth to end the reign of fear in the hearts of his beloved. When you came to Jesus, you didn’t only receive a “get-out-jail-free” card. He came so that you would be truly *free* and take up your place with him to topple prisons of fear that have taken people captive. He came so that you would walk on dry land while every reason you’ve ever had to fear, like Pharaoh’s armies, is drowned in the depths behind you.

“The Spirit you received does not make you slaves, so that you live in *fear* again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, “Abba, Father” Romans 8:15 – Emphasis added.

“For God has not given you *a spirit of fear*, but of power and of love and of a sound mind” 2 Timothy 1:7 (NKJV) – Emphasis added.

“There is *no fear in love*. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love” 1 John 4:18 – Emphasis added.

QUESTIONS FOR PERSONAL REFLECTION:

1. *What are you afraid of or anxious about?*

2. *When you are anxious or fearful, how does it manifest in your life? Check all that apply.*

I become quiet or withdrawn

I have a hard time sleeping or relaxing

I become physically ill

I distract myself (a hobby, entertainment, an escape)

I become pessimistic in my outlook

I act out in ways that are short-tempered or mean

I try to control my situation/work harder

Other _____

3. Meditate on Psalm 56, paying special attention to verses 3-4. Spend a few minutes giving God your current fear and anxiety. Repent for any wrong way that you have handled fear and for how it might have hurt those around you.

WORSHIP RESOURCE:

*“I’m falling into you, so catch me Lord.
I’m crashing into you like the waves to the shore!”*

Listen to “Falling” by Ruth Spiegel. Find more info about Ruth’s album at the back of the devotional.

PRAYER:

Thank You, Lord, that you have destroyed my every fear in the waves of your perfect love for me. I come in confidence and bring every place I feel fearful or anxious to you (name them). I reject ‘fear’ as my identity. I renounce fear and place my trust in you in all things. I receive your love for me again today.

LISTENING TIME:

Stop for a few minutes and ask the Lord what he wants to say to you. He might bring to mind a picture, a word, a song, an encouragement, a Scripture or an answer to a burden in your heart. Don’t rush or feel pressure to figure out the meaning of your impressions. Just invite him to speak and draw or write down what you sense. Afterward, ask God to help you discern and understand what he is saying to you. You might want to ask other trusted friends in the Kingdom for their input as well.

USE THE FOLLOWING SPACE TO RECORD WHAT GOD IS SAYING



TOOLS FOR FAMILY DEVOTIONS:

Look up common phobias online. Ask, “What are you afraid of?” Pray for each other, remembering that our fears often have a root from an experience (often in childhood) that needs to be broken. Ask God to reveal any roots to fears. Use Appendix 5 in “Life in the Overflow” for more direction on breaking the power of fear.

TOOLS FOR PRAYING FOR OTHERS:

Pray that someone who is battling anxiety and fear would encounter God’s love and truth in their situation.