

Why You Can Count on God to Free You From Fear

Fear.

Some people refer to it as “false evidence appearing real.”

And even if that’s the case, it’s hard to deny its effect on our emotions, perspective and decision-making.

But being afraid is not socially acceptable for adults, so instead we worry, become anxious or, if we’re good Christians—we just become concerned.

In this life, there are days filled with disturbing news, unexpected occurrences and painful moments that send us to our knees. But God is greater, and He is prepared for everything we face.

The one who knows the end from the beginning was not ignorant of the events of our day. And still He speaks over the turmoil swirling about and the anxiety circling within. “Peace, be still” (Mark 4:39).

Even the disciples marveled at Jesus’ ability to speak to the wind and waves and cause them to cease their tumult. And they had walked with Him—this God who put on flesh and humbly lived in their midst—as He did miracle after miracle and taught them mysteries from ages past.

Jesus displayed His authority over all things, unlike the prolific teachers of their day.

And now, seated on the throne of God, the one who created all things seen and unseen has been given all authority in heaven and on earth, and this God loves you. “When they saw Him, they worshipped Him. But some doubted. Then Jesus came and spoke to them, saying, ‘All authority has been given to Me in heaven

and on earth'" (Matt. 28:17-18).

The God of all the earth can still be pleased with lives such as ours. The Lord is faithful and is so committed to His purposes for us that He has not forsaken His promises regarding His care for His children, despite the depths of our own weakness.

Do not fear, for you shall not be ashamed nor be humiliated; for you shall not be put to shame, for you shall forget the shame of your youth and shall not remember the reproach of your widowhood anymore. For your Maker is your husband, the Lord of Hosts is His name; and your Redeemer is the Holy One of Israel; He shall be called the God of the whole earth (Isa. 54:4-5).

But this is not all the Lord has to say about the topic. Luke 12 provides further evidence of the futility of worry.

Then He said to His disciples, "Therefore I say to you, do not be anxious for your life, what you will eat, nor for your body, what you will wear. Life is more than food, and the body is more than clothes. Consider the ravens: They neither sow nor reap, they have neither storehouses nor barns. Yet God feeds them. How much more valuable are you than birds? Who of you by worrying can add one cubit to his height? If you then cannot do what is least, why are you anxious about the other things?

"Consider how the lilies grow. They neither spin nor weave. Yet I say to you that Solomon in all his glory was not arrayed like one of these. If God so clothes the grass, which today is in the field and tomorrow is thrown into the oven, how much more will He clothe you, O you of little faith?" (Luke 12:22-28).

And familiar passages such as Jeremiah 29:11 remind us of why

God is so calm when our blood pressure rises over little things like monthly bills: “For I know the plans that I have for you, says the Lord, plans for peace and not for evil, to give you a future and a hope.”

If we need further evidence, He’s given us further reassurance in His Word: “We know that all things work together for good to those who love God, to those who are called according to His purpose” (Rom. 8:28).

We read this truth, but sometimes we don’t quite believe it.

The amazing thing about the Word of God is that regardless of how we feel, the truth remains.

God is greater than fear. He is greater than all things. He is the maker of all things, seen and unseen.

And He makes Himself available to all who call upon Him in their time of need. In times of crisis, times of brokenness, pain, hurt, sickness, He remains Emmanuel, God with us: “Do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you, I will help you, yes, I will uphold you with My righteous right hand” (Isa. 41:10).

He is unlimited in His goodness, strength and power and resilient in perseverance and hope.

There is no situation He cannot redeem. There is no relationship He cannot reconcile. There is no fracture He cannot heal. There is no failure He cannot transform.

And there is no scenario in which He has ever failed. Even nailed to a cross, suffering, bleeding and dying, He won for everyone for all time.

He has overcome, and He will prevail over every troubling, sinful and impossible situation so His glory will be seen.
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