

“HOW NOT TO BE AFRAID”

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A family friendly, never alone, purpose driven church

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NOTE: In life, we become deeply afraid of loss. Our fears seem to be tied to beliefs about survival: the loss of time, money, a cherished belief, security, kindness, the loss of happiness, health, children, and yes, especially, the loss of love.

Being constantly afraid will lead to fear both chronic & acute; when fear becomes dominate, it leads to anxiety, which could possibly lead to a state of depression.

1. Know that God is INTERCEDING on your behalf.

After telling everyone good-bye, he went up into the hills by himself to pray. Late that night, the

disciples were in their boat in the middle of the lake, and Jesus was alone on land. Mark 6:46,47

For Christ did not enter a sanctuary made with human hands that was only a copy, He entered heaven itself, now to appear for us in God's presence. Hebrews 9:24

Therefore he is able, once and forever, to save those who come to God through him. He lives forever to intercede with God on their behalf. Hebrews 7:25

Who then is the one who condemns? No one. Christ Jesus who died—more than that, who was raised to life—is at the right hand of God and is also interceding for us. Romans 8:34

In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God. Romans 8:26,27

2. Know that God SEES your struggles.

Late that night, the disciples were in their boat in the middle of the lake, and Jesus was alone on land. He saw that they were in serious trouble, rowing hard and struggling against the wind and waves. About three o'clock in the morning Jesus came toward them, walking on the water. He intended to go past them. Mark 6:47,48

Abraham named the place Yahweh-Yireh (which means “the Lord will provide”). To this day, people still use that name as a proverb: “On the mountain of the Lord it will be provided.

Genesis 22:14

The Lord keeps watch over you as you come and go, both now and forever. Psalm 121:8

The eyes of the Lord watch over those who do right; his ears are open to their cries for help. Psalm 34:15

The Lord is watching everywhere, keeping his eye on both the evil and the good. Proverbs 15:3

How I long for the months gone by, for the days when God watched over me. Job 29:2

Are not two sparrows sold for a penny? Yet not one of them will fall to the ground outside your Father's care. And even the very hairs of your head are all numbered. So don't be afraid; you are worth more than many sparrows. Matthew 10:29-31

Then the Lord said to Jeremiah, for I am watching over you, I will keep my WORD. Jeremiah 1:12

3. Know that Jesus LIVES and is at your side, to bring you joy to peace.

Then he climbed into the boat, and the wind stopped. They were totally amazed, for they still didn't understand. Their hearts were too hard to take it in. Mark 6:51,52

And the Lord said to Paul in the night by a vision, "Do not be afraid any longer, but go on

speaking and do not be silent; for I am with you, and no man will attack you in order to harm you. Acts 18:9

This is my command—be strong and courageous! Do not be afraid or discouraged, for the Lord your God is with you wherever you go.
Joshua 1:19

You satisfy me more than the richest feast. I will praise you with songs of joy. I lie awake thinking of you, meditating on you through the night. Because you are my helper, I sing for joy in the shadow of your wings. I cling to you; your strong right hand holds me securely. Psalm 63:5-8

Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. Matthew 11:28,29

I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don’t be troubled or afraid. John 14:27

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NOTE: In-depth Bible Study each Wednesday 12 noon and 6:30 pm , Verse by Verse, Chapter by Chapter, Book by Book. If you are not receiving Bible Study questions, please let us know.

