

Reject the Destructive Power of Fear

Psalm 46:1-3

Do you have any phobias? Experts define “phobia” as a disabling or even irrational fear that can cause severe anxiety. Some phobias are quite common, such as acrophobia (fear of heights) or claustrophobia (fear of confined spaces). But others are as unusual as they are destructive. Imagine if you suffered from heliophobia (fear of sunlight) or ergasiophobia (fear of working). It would be difficult to even function normally in the world around you.

Few forces in this world are more powerful—and more destructive—than fear. It can paralyze our lives, rob us of our ability to make decisions, and even overwhelm our faith. That’s why we must focus on the great promise of Psalm 46:1-3.

God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam, and the mountains quake with their surging.

Note that the Psalmist doesn’t deny that we will be confronted by some very real fears. We will face trouble. At times the waters do “roar and foam” around us. That’s when we need to find our refuge and strength in the Lord.

Are you struggling with fear today? Maybe it’s a financial crisis, a physical problem, or a strained relationship. No matter the source of the fear, it need not rob you of all God has for your life. Place your trust in Him and avoid the temptation to search for your own answers. As you rely on His wisdom and power, you can rest assured that, no matter the circumstances, He will not let you down.

What’s the biggest fear you’re facing today? What do you need to do to surrender that fear to God and trust Him with the situation?

How can you prepare yourself today to conquer the fears you will confront in the months and years to come?