

Conquer Your Fear

Proverbs 16:3,4

“The only thing we have to fear is fear itself.”

These immortal words were uttered by President Franklin Roosevelt during his first inaugural address in 1933. He spoke as the nation faced some of the darkest days of the Great Depression. Unemployment was rampant. And as jobs were lost, so were homes, possessions, and life savings. Meanwhile, a drought had impacted a good portion of the nation, leaving farmers and ranchers in danger of losing their livelihood, if they hadn't already.

Roosevelt's message was clear: In spite of all the struggles and crises the people had faced, and would face in the future, no enemy would be more dangerous to the nation than the paralyzing effects of fear. This pervasive emotion had the power to crush the soul and destroy hope. In order for the nation to move forward, fear would have to be conquered.

Roosevelt's words ring true still today. And perhaps nowhere is fear more common—and more devastating—than when we've suffered the painful crisis of a loss in our lives. The hurt of past circumstances leave us feeling hesitant and filled with doubt. In an effort to avoid repeating the hurt, we struggle to move forward, whether it be in our relationships, our plans, or our hopes. Sadly, even our passion to stretch our faith and trust in the Lord can be challenged.

It's in those times that we need to remember the strong promise of Scripture found in Proverbs 16:3.

Commit to the LORD whatever you do, and your plans will succeed.

It's hard to move forward when we've suffered a painful loss of something, or someone, dear to our lives. We may find ourselves hesitant to look to the future, to step out and pursue what God has for us in the future. The risks can feel daunting. We don't want to be hurt again. Yet we can cling to those precious words, that promise of the Lord. Yes, life is very difficult at times. But God does have great things in store for those who take courage, and commit their ways to Him.

What are some ways that hurts of the past can hinder our future? What would life be like if we allow the fear of those hurts to control how we live in the future?

Are you burdened by hurts over losses you've suffered in the past? How can you regain the courage to pursue all that God has for you in the future?