

Friday Reflections

*For God hath not given us the spirit of fear;
but of power, and of love, and of a sound mind*

—2 Timothy 1:7

"I will not fear," is the only acceptable attitude we can have toward fear. That does not mean that you and I will never feel fear, but it does mean that we will not allow it to rule our decisions and actions.

The Bible says that God has not given us a spirit of fear. Fear is not from God — it is the devil's tool to keep us from enjoying our lives and making progress. Fear causes us to run, retreat, or shrink back.

Hebrews 10:38 in the Bible says that we are to live by faith and not draw back in fear—and if we do draw back in fear, God's soul has no delight in us. That does not mean God does not love us, it simply means He is disappointed because He wants us to experience all of the good things He has in His plan for us. We can receive from God only by faith.

We should strive to do everything with a spirit of faith. Faith is confidence in God and a belief that His promises are true. Faith will cause you to go forward, to try new things, and to be aggressive. Unless we make a firm decision to "fear not," we will never be free from the power of it. "Do it afraid" means to feel the fear and do what you believe you should do anyway.

Be firm in your resolve to do whatever you need to do, even if you have to "do it afraid!" Trust in Him. Choose to walk in faith, trusting God's promises. Remember to "fear not," and when you do feel fear, "do it afraid."

*Lord God, help me not to allow fear to rule my life, but when I do feel fear,
give me the courage to do it afraid. In Jesus' name. Amen.*

April 9, 2021

- Dr. Doug Shafer
M.Div., D. Min., Caraday Chaplain