

**TITLE AND NUMBER:** 200. Do not fear



**REFERENCE AND KEY VERSE(S):** Isaiah 35:3-6

Strengthen the feeble hands, steady the knees that give way; say to those with fearful hearts, 'Be strong, do not fear; your God will come, he will come with vengeance; with divine retribution he will come to save you.' Then will the eyes of the blind be opened and the ears of the deaf unstopped. Then will the lame leap like a deer, and the mute tongue shout for joy. Water will gush forth in the wilderness and streams in the desert.

**LOOKING FURTHER:** Joshua 1:6-7; Matthew 28:20; Hebrews 12:11-14; Psalm 27:1-6

### What does this Bible passage tell us?

The phrase 'Do not fear' appears in the Bible 365 times, once for each day of the year. That shows us how much God wants His people to overcome fear.

The very first thing that God said to Joshua after he had succeeded Moses as leader of the Israelites was, 'Be strong and very courageous' (Joshua 1:6). The last thing Jesus said to His disciples before He ascended into heaven was, 'I am with you always' (Matthew 28:20). In every situation, God wants His people to know that He is with us, so we do not need to be afraid.

The letter to the Hebrews takes up the theme of strengthening our weak knees. This isn't just a physical image. When we are worried or afraid, we may feel weak, tired and unable to cope with the problems we face. We can be trapped in fear, feeling anxious as soon as we wake up in the morning. The writer to the Hebrews uses these words (Hebrews 12:11-14) in the context of discipline and perseverance; facing up to challenges, including our own failings, but keeping our eyes set on Jesus and pressing on to an ever-closer relationship with Him.

King David wrote Psalm 27 when he was being threatened by those who wanted to bring him down. He declares triumphantly that God will keep him safe. He just needs to ask God for one thing; that he (David) will 'dwell in the house of the Lord all the days of [his] life, to gaze upon the beauty of the Lord and to seek him in his temple' (Psalm 27:4). We can't look at Jesus and dwell on our problems at the same time. We must make it a habit to fight fear with prayer, reading the Bible and thinking about Jesus and His promises.

### Reflections:

- Try and find some of the 365 times the Bible says, 'Do not fear' and collect them in a notebook so you can remember them at the start of every day. Maybe you can get together with other Christians to build up a shared collection of these promises?
- How might you 'dwell in the house of the Lord all the days of your life'? Try to commit to spending more time seeking Him every day.

Write or draw something you read in this Bible Study that stood out to you.

# DO NOT FEAR!



Do you have any questions about this week's Bible Study?



How does this week's message apply to your life?



What can we learn about God from this week's passage?



What would you like to ask God this week?



Has God responded to your prayers this week in the way you had hoped for? It's okay to talk to God about this.

