

**February 12 | Sunday**

**UnAfraid: Fear of Aging/Sickness/Death and Fear of the Lord** Read [John 6:16-21](#)



**13 | Mon – Who carries you when you can't carry on?** | Read [Isaiah 40:27-31 and 46:3-4](#)

These words were likely written when the Israelites were returning to their ruined homeland after decades in exile. No wonder they may have felt that their way was “hidden from the Lord.” These powerful words reminded them, and us, that God is not weary or confused. Our hope is in God who gives “strength to the weak.” The reminder was that God had carried them since they were born and would continue to carry them until the end of their lives. Have you experienced the strength that comes from putting your hope in the Lord?

**14 | Tue – Color of your hair** | Read [Psalm 71:17-19 and 92:12-15](#)

These psalms show no age bias. Whether we are 6 or 106, God’s promises apply to us. In what ways has the culture’s constant messages about the awfulness of aging influenced your spending and behaviors. Do signs of age make you think less of yourself or others? How do the words in these verses challenge any of your attitudes or choices? What is one way you can revise your thinking about older people in the light of God’s word?

**15 | Wed – Don't brush them off** | Read [Luke 2:25-38](#)

We often read this story at Christmas but it also carries a generational message. Joseph and Mary (probably in her early teens) brought the baby to be dedicated at the Temple. They were greeted by Simeon and Anna, both very old. This young couple did not brush off the words of these elderly people or think of them as irrelevant. Was it the many years Simeon and Anna had spent worshipping God, praying and studying scriptures that shaped their ability to see what God was doing? How do you relate to older people in your life?

**16 | Thu – The jewel hidden in an aging gift bag** | Read [2 Corinthians 4:6-10, 16-18](#)

We often tend to feel shame about the realities of illness or aging, seeing them as signs of weakness or failure. Paul faced the same realities but saw them differently. How is it that even as our bodies break down on the outside, who we are on the inside is being renewed every day? Paul experienced it and so have countless others. Too often we focus on what we can see, which does not last, instead of the unseen world. How do you keep right perspective?

**17 | Fri – The promise** | Read [Hebrews 2:14-15; 1 Corinthians 15:51-57; Revelation 21:3-5](#)

The ultimate human threat is “I will kill you” but that threat from the Romans did not seem to intimidate Jesus’ followers. Was it because they knew that Jesus had gone to where we all dread going - the realm of death - and emerged victorious? Was it because Jesus came back with a promise, a PROMISE, that when their lives were over, He would come back to get them (John 14:1-3)? Do you believe this promise is for you too?

**18 | Sat – Good fear** | Read [Psalm 111:7-10; Proverbs 2:2-6; 2 Corinthians 7:1](#)

In this series, we have learned that God calls us to a life of being UNafraid. But there is one fear that is a life-giving kind of fear. It is the fear of the Lord, not a fight or flight kind of fear, but a reverent awe which leads to wisdom (Prov. 9:10). Has there been a time where you have experienced this healthy kind of fear in a particularly vivid way? Why would this type of fear cause you to want to be closer to God instead of shrinking away? How does it lead to wisdom?