

**April 26 / Sunday**

**Facing Fear**

Read [John 14:27](#)



**27 / Mon – A reality of life** | Read [Matthew 14:22-33](#)

Fear is a *disturbing emotion aroused by impending danger, evil, pain, whether the threat is real or imagined; a feeling of apprehension, dread, or alarm.* It might start as an anxious thought but left unattended can become a raging storm. What has caused your fear in the past? Did those things actually materialize? If so, were they as bad as you expected? How did you get through it? Do you have any advice to offer someone else facing fearful times?

**28 / Tue – It's okay to not be okay** | Read [John 16:33](#) / [Mark 14:32-36](#)

Jesus never promised his followers they would have an easy life. But he did promise they would not be alone in the middle of the mess. Notice Jesus' words, in John 16, spoken earlier on the night he was arrested, words that ring true still today. No one understands your fear better than Jesus. Read how He faced his own at Gethsemane as recorded by Mark. See his agony and then his surrender to the One who makes everything right in the end. Are you willing to do the same?

**29 / Wed – Yelling at God** | Read [Psalm 55:4-8, 16-18](#) / [Isaiah 43:1-2](#) and [41:10, 13](#)

Another reason why fear need not master you is found in the promise God has made throughout scripture: He is and will be with you, *always*. It is based on God's character. He never lies, *cannot* lie. He is good. He has the power, understanding and *will* work everything into the pattern for good He has in mind for you. Does that change when you feel like yelling at Him out of frustration, pain and grief? No, you can be as honest as the Psalm writers were. It does not change the promise.

**30 / Thu – Get off the hamster's wheel** | Read [Psalm 34:4](#) / [Philippians 4:6](#)

Do you often worry but forget to ask for help? Fear starts as anxiety but you can conquer either by following Paul's advice to the Philippians. It grew out of his own experience, locked up in prison. Start by looking at who God *is*. Recall with gratitude what He has *done* in the past. Then write your worry list. Be specific, as you ask, so you can recognize when answers come. God's answer might be different than you expect, but can you trust Him to do the best for you and everyone concerned? Reaffirm this vigorously as you leave your list with Him. Then wait in confidence.

**01 / Fri – If you do this...** | Read [Philippians 4:6-7](#) / [John 14:27](#)

Fear is the opposite of peace. If you follow the prescription in Phil. 4:6, peace is promised but it will *not* come from inside yourself. It is gifted from an outside source, Jesus. Imagine having such deep peace, even as death approached, he had more than enough to give away. This is no generic brand but a supernatural, doesn't-make-sense kind of peace that you cannot whip up on your own. And it will stand guard over your mind, protecting your heart. Have you intentionally requested it?

**02 / Sat – Looking back** | Read [Philippians 4:8](#)

List some of the fears you have faced this week.

How did you respond and what was the result?

On what other things did you refocus your mind? Did any match the list from Phil. 4:8?