



# 02

## DAY 02

GOD PROMISES TO STRENGTHEN YOU

JANUARY 9, 2024

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KEY SCRIPTURE

ISAIAH 41:10

*"**Fear not**, for I am with you; be not dismayed, for **I am your God**; I will strengthen you, I will help you, I will uphold you with my righteous right hand."*

It feels like everywhere we turn, there is something new to be worried about. All it takes is a few minutes listening to News Talk radio about conflict overseas or engaging in an elevator conversation about the plummeting economy. There's no doubt, there is a lot to "fear" about the state of the world today. Or is there?

I want to ask you. What are the things that keep you up at night? **What are the thoughts that try to claim ground in your mind and steal your peace?**

I think about the unknown myself and wonder what life will look like just a few years from now. Am I worried? Sometimes. Is there hope? Yes. **Because of Jesus, we can trust that we are not alone** in our struggles and that He is there "strengthening" and guiding us like the perfect Shepherd that He is.

Fear can be a natural response when we don't

know what comes next or when we start to lose control over life or the lives of others. When my father was diagnosed with cancer, I felt fear deep within me. I feared that he would suffer, I feared that my family would fall apart, and obviously most of all, I feared that he would pass away.

How do we respond to fear when it comes our way? **Do we wallow in the anguish of things unknown, or do we pause to reflect on God's words?**

The truth is, there will always be something that tries to cause fear in our hearts, but remembering what God's word says can completely shift the narrative of life's troubles. We learn through God's word that fear is not our future because **through Jesus we are liberated to see hope beyond our situations.** We have Jesus (God himself) who takes us by the hand and walks with us in even the hardest parts of life.

My father finally succumbing to his illness was one of the hardest parts of life...and yet Jesus was there in the midst of it. I had a choice whether to be bound by the very fear of him passing or choosing a hope beyond my immediate understanding. There's something unexplainable about the peace that comes from God



when we surrender our fears to Him: it simply passes understanding. It doesn't make sense to "fear not" in those moments, and yet that's when He does as he says and "upholds us". **You can't experience the presence of Jesus and simultaneously experience fear.** Like oil and water, the two just can't mix, because trusting that "He is God" and that He is altogether good

means trusting that He sees the bigger picture that we just can't always see.

## KEY POINTS

- Trouble is inevitable, but fear is optional.
- God's presence is greater than our surroundings.
- God promises to strengthen, help, and uphold us in difficult times.

## REFLECTIONS

- ▶ What are the things that are causing you to fear in life?
- ▶ How can you surrender these fears to God?
- ▶ What measures can I take to avoid fueling fear?

## PRAYER

Dear Jesus,

Thank you for the comforting words you spoke that still ring true today. Thank you that you are with me in every circumstance and season of my life. Lord, help me to see beyond my fear and trust that you are in control of my life. Dear Lord, please give me the wisdom to turn away from the things that might try to create fear in my heart and instead turn towards Your word daily.

In Your name I pray,  
Amen.

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