

## **Fear No Evil**

### **Ready:**

“Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.” - Psalm 23:4 (KJV)

### **Set**

As athletes, we all experience fear. Whether it's the fear of injury, fear of failure, fear of disappointing others, it doesn't matter. It comes in all forms! When I was 17 years old, I was a highly recruited Division I football prospect out of California. On the last play of the last game of my high school career, I pinched my spinal cord and was paralyzed from the waist down. At that point, I wasn't even worried about losing my scholarships; I was more afraid of never being able to walk again.

Thankfully, God laid His healing hands on me. I raised my hands in my wheel chair and prayed to Him, telling Him that I would, just as it says in Psalm 23:4, “fear no evil, for thou art with me.” After I left it all in God's hands, He blessed me with the ability to walk again. I was told that I would never be able to lift weights or run again, let alone play college sports. Much to everyone's surprise, however, I recovered fully from my injury and went on to play football at Washington State University.

In an unexpected turn of events, I had to give up football just weeks later to return home and care for my mother, who was dying from ovarian cancer. She passed away 12 days before my 19th birthday and went with her unyielding faith. After that, I never thought I would play sports again due to my previous physical injury and my internal fear of failure, which I would now have to face without the support of my mother.

Once again, though, I raised my hands and prayed to the Lord: “I will FEAR NO EVIL, for thou art with me.” Later, I began attending the University of Alabama—which has always been one of my dream schools—and joined their club lacrosse team. My life is a testimony to the fact that, with God, we do not have to fear, for He casts all our fears away and leads us to the light. Whatever you are going through, never doubt that your prayers are being heard. The Lord does care about you!

Whenever you feel fear in your heart, raise your prayers to the Lord Most High. Tell Him you trust Him and will walk confidently in His ways regardless of the circumstances. Never forget that He has a reason for everything. As Christians, we know that we will be put in harm's way daily, but, with Him as our sword and shield, we can FEAR NO EVIL! To God be the glory!

### **Go**

1. What is your biggest fear? 2. Have you ever talked to God about this fear? 3. Do you trust Him regardless of the circumstances? 4. What would your life be like if you truly trusted God and didn't allow fear to dictate your actions in and out of your sport?

### **Workout**

Deuteronomy 31:6 Isaiah 41:13 Matthew 17:14-20 Luke 1:37

### **Bible Reference:**

Luke 1



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