

Fear Not, God is With Us

Ready:

The Lord your God is among you, a warrior who saves. He will rejoice over you with gladness. He will be quiet in his love. He will delight in you with singing. Zephaniah 3:17

Set

It was the middle of the night. I was just a child, alone in my bed in the dark, when I heard the door at the bottom of the hallway steps slowly creep open. I heard someone slowly moving up the steps, as the steps made an eerie creaking sound. Someone or something was coming! I scrambled under my bed and hid, afraid of what may enter my room! I watched my bedroom door slowly swing open. My heart raced, and my mind was filled with horrific thoughts. Then I heard it. It was my father's voice, asking if I was okay. My father was checking on me, reassuring me that everything was okay. I climbed back in bed and had a good night's rest.

Fear constantly knocks on the door of our hearts. Entertainment and social media enhance the atmosphere of fear and darkness. But we don't need any help increasing the emotions of fear today. We live in a world that bombards us with all types of worries and fears. We fear losing, failing, getting injured, or letting our teammates and coaches down. When your emotions are uneasy, and you feel like hiding under your bed, remember the very words of God.

Our God is living among us! He is here, residing in those who believe! We are not alone! He is not weak or puny—He is mighty! He is not a good luck charm or a possible hope—He is our Savior! He wipes out our fears with His love!

Go

1. Think of a time you felt the emotion of fear. What was it about the situation that made you fearful? Were you able to overcome that moment? If so, how?
2. How does fear cripple or hinder your performance?
3. What gave you peace during a fearful moment?

Workout

Isaiah 41:10

2 Timothy 1:7

Overtime

Heavenly Father, thank you for coming to us in dark times. When I feel like hiding, remind me

that you are with me. You are mighty! You love me and you delight in me! Calm my fears and sing over me with joyful songs. Thank you! In Jesus' name, amen.



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