

## Character Profile: “My God doesn’t want me to be Afraid”

### The Bible Proclaims and Displays that God doesn’t want me to be afraid.

**Deut. 31:6** Be strong and of a good courage, fear not, nor be afraid of them: for the Lord thy God, he it is that doth go with thee; he will not fail thee, nor forsake thee.

**Psalms 27:1** The Lord is my light and my salvation; whom shall I fear? the Lord is the strength of my life; of whom shall I be afraid?

**Psalms 34:4, 6-7** I sought the Lord, and he heard me, and delivered me from all my fears...6 This poor man cried, and the Lord heard him, and saved him out of all his troubles. 7 The angel of the Lord encampeth round about them that fear him, and delivereth them.

**Psalms 56:3-4** What time I am afraid, I will trust in thee. 4 In God I will praise his word, in God I have put my trust; I will not fear what flesh can do unto me.

**Isaiah 41:10** Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.

**Matt. 14:24, 27** But the ship was now in the midst of the sea, tossed with waves: for the wind was contrary...But straightway Jesus spake unto them, saying, Be of good cheer; it is I; be not afraid.

**Phil. 4:6-7** Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. 7 And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

**2 Tim. 1:7** For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

**1 John 4:16-19** And we have known and believed the love that God hath to us. God is love; and he that dwelleth in love dwelleth in God, and God in him. 17 Herein is our love made perfect, that we may have boldness in the day of judgment: because as he is, so are we in this world. 18 There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love. 19 We love him, because he first loved us.

**Psalms 23:1-4** The Lord is my shepherd; I shall not want. 2 He maketh me to lie down in green pastures: he leadeth me beside the still waters. 3 He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake. 4 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.

**Psalms 55:22** Cast thy burden upon the Lord, and he shall sustain thee: he shall never suffer the righteous to be moved.

1. Look for key/ repeating words in these verses. Do I see any themes or common ideas?
2. What do these verses teach me about who God is?
3. How do I think incorrectly about God in this area?
4. How does God view me in light of these verses?

\* **Meditate** on the verses on the left and journal any helpful thoughts here:

### How should we apply the truth that “God does not want me to be afraid” in our lives?

**Lamentations 3:22-23** It is of the Lord's mercies that we are not consumed, because his compassions fail not. 23 They are new every morning: great is thy faithfulness.

**Phil. 4:11b-13** I have learned, in whatsoever state I am, therewith to be content. 12 I know both how to be abased, and I know how to abound: every where and in all things I am instructed both to be full and to be hungry, both to abound and to suffer need. 13 I can do all things through Christ which strengtheneth me.

**Isaiah 40:28-29** Hast thou not known? hast thou not heard, that the everlasting God, the Lord, the Creator of the ends of the earth, fainteth not, neither is weary? there is no searching of his understanding. 29 He giveth power to the faint; and to them that have no might he increaseth strength.

\*Read the verses above and allow them to help you apply truth to your life.

First, **Meditate** on the above verses and journal any helpful thoughts here:

1. Because God does not want me to be afraid, what should my response(s) be? What should we do to accomplish God's desire for us?
2. What do I need to “put off” in my life?
3. How do I need to “renew my mind” (change the way I think) because of today's verses?
4. What do I need to “put on” because God does not want me to be afraid?
5. What type of fear-related habit do you have? Is it anxiety? Are you discouraged or nervous or impatient? Make sure you are honest with yourself about your specific sin problem. If you are prepared to leave your sin behind, pray a prayer of confession and commitment.