

January 8 | Sunday

Fear of Fear

Read [Philippians 4:6-7](#)



09 | Mon – Trust | Read [Psalm 56:1-4, 10-11](#)

How easy it is to trust God when things are going well but what about when things are falling apart and you don't know where to turn. David wrote these words after he had been seized by his enemies: "Oh, God...when I am afraid, I will put my trust in YOU." Are there difficult circumstances in your past that God's presence helped you survive and may have even been turned around for your good? How does that affect your ability to trust God going forward, especially when you are afraid?

10 | Tue – Why you don't have to be afraid | Read [Isaiah 41:8-10, 13-14](#)

Isaiah was an old Testament prophet who listened and then spoke the words God told him to say. The Jewish nation was going through perilous times, threatened with extinction. Isaiah's words encouraged them to look *up* instead of *around* them. What situations are you facing that make you feel powerless and afraid? Read these words again and put your name in place of "Israel" and "Jacob." As you do, ask God to speak courage to your heart.

11 | Wed – Jesus' take on worry...part 1 | Read [Matthew 6:25-27](#)

The words "do not worry" are repeated 4 times in this short passage and are written as a command, not a suggestion. Does this mean we have a choice? For some, worry has become an automatic habit. Yes...a habit, the instinctive first response to a real or perceived distress. Jesus is telling us here to stop and think. What alternative to worry does He give in verse 33? Practically speaking, how could you do that this week?

12 | Thu – Jesus' take on worry...part 2 | Read [John 14:25-33](#)

Peace is the opposite of worry. The two cannot co-exist in your heart and mind. Jesus is just hours away from being arrested and executed. And he knows it. Yet Jesus' last words to his disciples - who were unaware of what lay ahead - were about peace. Not their own peace. His peace. It is amazing to realize that Jesus has such peace about his immediate future that he had enough to give away. Our peace can be so fragile at times, but Jesus' peace is solid. Where in your life do you need that kind of peace?

13 | Fri – Peace that even you don't understand | Read [Philippians 4:4-8](#)

Paul advised "Don't be anxious about anything." Then, as if he heard us saying "How?" he added that we should bring all our requests to God, along with thanksgiving. What are the things that trigger anxiety-producing thoughts in you? How can you take those things to God in prayer more fully in your daily life? You will know you are succeeding when you experience peace from God that even *you* won't understand but it *will* guard your mind and heart.

14 | Sat – Temporary fears | Read [1 Peter 5:6-10](#)

Peter and the early Christians looked beyond the boundaries of this life. They believed that all their earthly struggles are temporary and that God Himself would strengthen and restore them in the end. When Peter says to "cast" anxieties on the Lord, what does that mean to you? Do you believe that God cares for you? Do you believe that God can handle the situations that threaten to overwhelm you at times? Do you trust Him?