

February 5 | Sunday
UnAfraid: Fear of Change

Read [Luke 5:33-39](#)



06 | Mon – Earthshaking events | Read [Psalm 46:1-3 and 113:1-8](#)

The psalm writer described physical changes in nature, such as earthquakes and tsunamis which can be terrifying in their devastation. Yet, many of us have experienced emotional, financial or mental upheaval as life falls apart because of decisions made by others. These words help us focus on the unchanging God who is our refuge and strength. How can you remind yourself of this truth when changes come?

07 | Tue – The plan is good | Read [Psalm 23:1-3 and Jeremiah 29:11](#)

God’s ultimate plan for us is good. David described how God guides us in the right paths if we will let Him lead us. How do these words give you hope when life seems to be taking a difficult turn? How can being quiet and listening help you find the path God is leading you toward? How can you express your trust in God’s plan when unexpected changes are overwhelming you?

08 | Wed – Things are not always as they seem | Read [Matthew 6:9-10](#)

These familiar words of the Lord’s prayer begin with affirming who God is. They remind us that God is at work to bring about the changes needed to establish His kingdom on earth. While we often see what is happening in the political, financial, economic or environmental realms, we are often unaware of the spiritual changes taking place behind the scenes. Peace only comes when we realize that God is able to repair, replace, renew and resurrect whatever is needed to accomplish His good plan. What helps you focus on God’s sovereignty in middle of life-changing events?

09 | Thu – In jail for doing good? | Read [Psalm 115:1-2, 9-11 and Acts 5:17-29](#)

The words of this psalm used repetition to underscore the importance of trusting God even when circumstances cause others to say “Where is your God now?!” That is exactly the time to stand strong on God’s character and trust that His heart is good. The story in Acts shows how God may allow unwelcome change to come because it will ultimately show everyone His great power to save. Are you willing to let God use your life in such a way to honor Him?

10 | Fri – No one is immune | Read [Psalm 23:4 and 46:5-7](#)

Although you may not see it, everyone you know has or will go through a dark valley of some kind. So do not feel alone when you go through yours. While others may not understand, you know Someone who does. The Lord is described as a fortress or a place of safety. There is no better place to run when “nations roar and kingdoms crumble” and things beyond your control threaten your health, your safety, your future. Will you choose to believe that?

11 | Sat – Head stuff | Read [Psalm 46:10-11](#)

It can be very difficult at times to practice these words. Maybe it is not enough just to find a quiet spot to think. Sometimes it is necessary to say “enough!” to your noisy inner fears and when they are silenced, to affirm to your Self that the Lord is God; you are not. You have the gift of free will but your choices may be limited. There is one choice you can always make: declare that you are not in charge but you have confidence in the One Who is. So how can you move that belief from your head to your heart?