

# Freedom from Fear

EXPERIENCING GOD'S  
PEACE EVERY DAY



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# God Wants You To Be Free From Fear



**H**ave you given up hope? Have you given in to fear for so long that you question God's willingness or ability to set you free?

Have you given up on the possibility of a stable, radiant, confident, courageous, astoundingly fruitful life?

**All of us have been afraid.**

Afraid of the future, what others think of us, bad things we can't control, abandonment, illness, death, spiders, heights, consequences of our actions, losing a job, burglars...the list can and does go on.

**Fear puts us in a self-made hell.** It can control our lives, steal our sleep, destroy our relationships, and generally make us miserable prisoners in our own minds and bodies. It can take years from us, ruin memories, overwhelm our lives, and make us wish we were never born.

**There is a way to be free from fear on this side of heaven.**

God does not want His people to live in fear. He offers you a life of joy, confidence, contentment, stability, and fruitfulness. In short, **He offers you abundant life.**

This devotional will show you how.

# Chapter 1:

## I Am Your God

### *Reflection*

Perhaps more than anything else, **God desires for His people to trust Him.** Do we? Have we said that He is worthy of our confidence? God's call to Israel in this text is the same one He makes to us. His abiding presence with us should be enough to banish all fear.

But this means we have to know who He is.

He tells Israel to not fear “**for I am with thee...for I am thy God.**” Who is the “I”? Clearly, God expects that the promise of His presence would be enough to set His people free from fear, but that assumes they, and we, know who this constantly present One is.

This verse begins to explain some of His character and ability. **He is the one who strengthens and helps us.** He upholds us personally with His hand. He is not merely a

passive bystander, but He personally and actively infuses us with enablement, assistance, and overshadowing protection.

The larger context of the verse elaborates on what God can do for His people. He equips



## Verse for Today

*“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.”*

Isaiah 41:10

them for victory in battle (vv. 11-16) and supernaturally meets their needs (vv. 17-20). His power turned towards the benefit and blessing of His people, coupled with His perfect knowledge of everything there is to know makes Him superior to every false god (vv. 21-29).

This is your God. **He can be trusted to do everything good for you**, meet your needs, arm you for battle, and knows everything you will ever face. Will you choose afresh to trust His goodness today?

# *Prayer*

Loving, Heavenly Father, thank You that You have promised to personally be with me in every trial I face. I choose to receive Your promised enablement, aid, and covenant love.

Thank You that You use your power for my blessing and good, and that I am kept safe within the hollow of Your hand.

Please teach me to trust Your goodness even when life is hard. I choose to believe what Your Word says, and not what my circumstances or emotions may tell me that contradict it. I will look expectantly for your help and provision in the difficulty I'm facing that has made me afraid (name it).

I ask Your forgiveness for not trusting Your wisdom, care, power, and love. Please help me to choose to trust You each day, and please help me to glorify You as I do so.

In Jesus' name, Amen.



# Chapter 2:

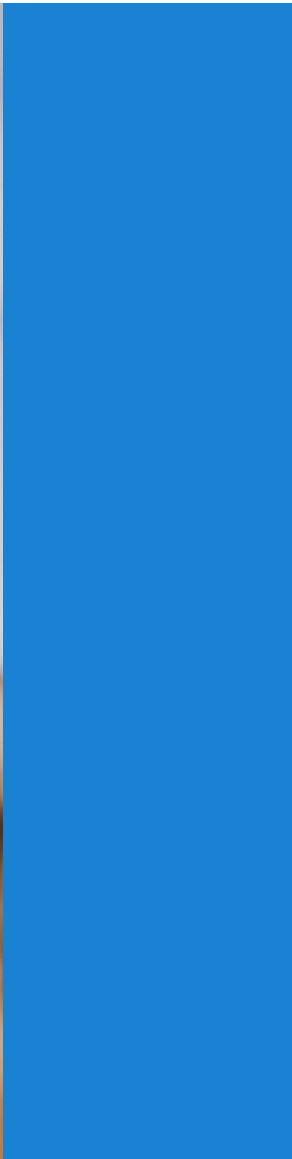
## My Peace I Give You

### *Reflection*

Put yourself in the sandals of the Apostles. Jesus is hours away from His crucifixion, and He has told you—after three-plus years of constant companionship—that He is going back to the Father. Your Lord, your friend, your teacher, your protector...gone. You must carry on His work, in a hostile world, on your own.

How would you have felt? Powerless. Fearful. Daunted. Who will take care of you? How will you accomplish the task He is leaving you? What will your future be like?

**The Lord did not leave them in the dark, and neither does He leave us.**



# Verse for Today

*“Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.”*

John 14:27

John 14 overflows with promises of His help, plan, and presence. Jesus opens the chapter by assuring the men He is leaving them only to prepare a place for them in Heaven, to which He will one day come and take them (vv. 1-3). He promises answered prayer (vv. 12-14), and repeatedly mentions the necessity of obedience (vv. 15, 21-24).

Our verse falls in the context of Jesus’ promise of the Holy Spirit. The verse just before says the Spirit will guide disciples into all truth (v. 26), while the next reaffirms Jesus’ promise to be with His people by the Spirit (v. 28). Earlier, after mentioning the Holy Spirit, Jesus says He will not leave them as orphans; He will come to them (vv. 16-18).

**We have peace only because Jesus has sworn to be with us, and in us, by His Spirit.**

The Lord is no longer physically present on earth; He is physically in Heaven awaiting His return. But **His Spirit dwells within every believer**, and that promise of His personal presence is the source of our hope. **This peace is not from the world.**

The world looks to favorable circumstances, lots of money, and similar things to be sources of peace. These are good things and can be blessings from God. But they are not the source of peace, security, or hope. Only God Himself is. Because He is not dependent on the world, our hope is unassailable.

**This peace leads to freedom from fear.**

Only as we rest in God's promises to us through Christ can we know true liberty from life-dominating fear.

**Our focus must be on Him, His character, and His promises, not on our circumstances.** The things that you cannot control are perfectly manageable to God!

## *Prayer*

Lord Jesus, thank You that You are personally present with me by Your Spirit. You have not left me alone but have chosen to dwell with and in me. Thank You that I can rely on Your powerful presence within me each day as I face the dark world around me.

Help me to appropriate the peace that is mine in Christ. You do not want me to be fearful, anguished, or overwhelmed by the things that terrify me. You have promised me peace because of what You did on the cross, and I choose to receive it with thanksgiving and joy.

Please fill me afresh with Your Holy Spirit. He is my peace, just as You are, and I surrender myself completely to His loving authority, influence, and care. Thank You that as He abides in and with me, I can know His blessing, power, and peace, and live in freedom from fear by faith.

Thank you for hearing my prayer that I have offered according to Your will, just as You promised (John 14:14). I offer You this day to accomplish Your perfect purposes in and through me, knowing that each step is overshadowed by Your covenant love.

In Jesus' name, Amen.

# Chapter 3:

## Trusting His Faithfulness

### *Reflection*

**The best weapon you have against fear is a vibrant relationship with God.** As you know Him more intimately, you become more confident in His character and ability to protect you.

But this increased confidence requires an accurate knowledge of His attributes and ways —you must know Him as He is, as He has revealed Himself to be.

Today's passage falls in a context of reassuring God's people of His ability to move heaven and earth to keep His promises to them. They are about to enter the promised land, and they will have an uphill battle in claiming what God has

provided for them. God assures them of His future protection of them based on His past provision.

God encourages them to look back to their rescue from Egypt as the foundation for their present confidence in Him. The “therefore” refers to verse 8’s rehearsal of God’s love for them and His acting powerfully to rescue them from enslavement under Pharaoh.

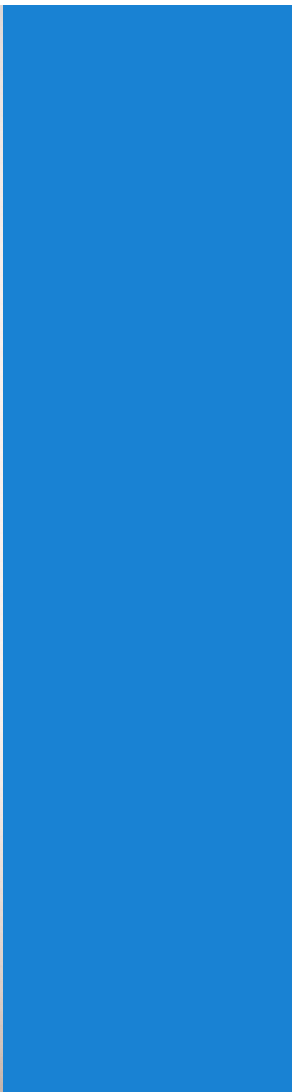
**God is a covenant-keeping, faithful God.**

He’s proven it to them. Their future is secure because God will be the same then that He was in the past.

Later in the chapter, God explicitly brings up what they are to do if they are afraid of the wicked people who presently occupy the land: *“thou shalt not be afraid of them: but shalt well remember what the Lord thy God did unto Pharaoh, and unto all Egypt”* (v. 18).

**Just as God was unswervingly faithful to Israel, so He is faithful to you.** You, like the Israelites, are a member of God’s people. He makes a covenant with you and can be trusted to keep it. When you are afraid, He tells you to remember how He has already been faithful to you, to know He will continue to be today.

Pray.  
Trust.  
Wait.





## *Verse for Today*

*“Know therefore that the Lord thy God, he is God, the faithful God, which keepeth covenant and mercy with them that love him and keep his commandments to a thousand generations.”*

Deuteronomy 7:9

### **Reminding yourself of God’s character is essential to freedom from fear.**

You must rest in who He is. His faithfulness means He can be trusted to keep His promises, to care for you, to uphold you, and to meet your needs. If He were a liar, His promises mean nothing. But because He is utterly trustworthy, His promises can be fully relied upon.

# *Prayer*

Dear Heavenly Father, I praise You for Your faithfulness to me. You will not leave me or abandon me but have promised to do all that is necessary to meet my needs and keep me safe.

When I look back over my life, I can see instances of Your past faithfulness and provision (name them). This reassures me that You will be just as faithful to me in the future, just as you were to Israel of old. I can face the unknown knowing that You will come through for me.

Thank You that You can be completely trusted to do what You've said. While I do not know what tomorrow holds, You are already aware of it and will give me whatever I genuinely need right on time, and not before.

Forgive me for when I have allowed my fear to drown out confidence in Your constant fidelity to me. I have allowed my circumstances and my inability to meet them to loom too large in my mind and have not focused on Your character and promises.

Please help me to have greater confidence in Your faithful care, provision, love, protection, and kindness. Help me to refuse the lies that cause me to question Your goodness and willingness to help me.

I choose afresh to trust who You have said You are, and not let my circumstances dictate my view of You.

Please manifest Your faithfulness to me in the areas that most cause me fear (name them). Please give me what I need to face them, whether that is deliverance, endurance, or anything else.

Thank You for what You will do in response to my prayers.

In Jesus' name, Amen.

# Chapter 4:

## Fighting Fear With Faith When You've Made Your Own Mess

### *Reflection*

David was in trouble. He was taken captive by the Philistines in their city of Gath, and only by pretending to be a madman was he able to escape and return home (see 1 Samuel 21:10-15). Psalm 56 records how he chose to trust God rather than give into his very real fears during that deadly circumstance.

Moreover, **he was in trouble because of his own poor decisions.**

David was in Gath because he was fleeing from people who wanted him dead. It wasn't the *fleeing* that was the problem but fleeing to a Gentile land outside the protection and blessing of God.

David's response to the sinful behavior of others compounded his fearful situation.

**Yet David still asks God to rescue him from the consequences of his poor choices.** That should be deeply encouraging to us!

God does not shame us for petitioning Him for deliverance if our stupidity has gotten us into hot water. He is merciful and gracious, and if we choose to trust Him now, **He can bring good out of our past bad decisions.**

David responds in faith despite his foolishness and his enemies' threats. He is afraid of Saul and his men. He's afraid of the Philistines. He's probably ashamed of having to look like an insane fool before his enemies.

But he chooses to respond based on God's character, not on his emotions or circumstances.

Perhaps David composed this psalm as he returned to Israel. He is mulling over what has just happened, seeking the Lord for help and encouragement, and as he does, the words to this psalm slowly form in his mind.

He knows the goodness and faithfulness of God. **He chooses faith over fear.** He chooses confidence in God's promises.



## Verse for Today

*“What time I am afraid, I will trust in thee. In God I will praise his word, in God I have put my trust; I will not fear what flesh can do unto me.”*

Psalm 56:3-4

If you are afraid because of the effects of your foolish or sinful choices, take heart. God has not forsaken you. God can be trusted to bring good out of difficulty, even when it's caused in large part or small by your unbelief, foolishness, fear, or pride.

**Choose to trust God's character and promises**—perhaps especially when you've made your own mess.

## *Prayer*

Gracious, Heavenly Father, thank You that because of Christ You are there for me even when I have failed You. Thank you that my unbelief does not have to mean that I am forsaken or useless to You. Thank You that You can use my poor choices for Your purposes and to teach me to better trust You.

I ask Your forgiveness for the choices I've made that have contributed to the fearful place I'm in (name them).

Thank You that You can bring good out of these sinful choices and that I have an opportunity to choose to trust You again. Thank You that You remain faithful to me and draw me back to You even when I've failed.

Please remind me of Your forgiveness and faithfulness. Please do not let the awareness of my sin or stupidity drown out confidence in



Your willingness to rescue, bless, encourage, strengthen, restore, heal, and vindicate me. Instead, I choose to believe You based on Your Word, not my feelings or circumstances.

Thank You for hearing my prayer. I thank You for how You will use this experience to enlarge my faith in You and Your willingness to bless me as I choose to trust You.

In Jesus' name, Amen.

# Chapter 5:

## Receiving God's Work In You

### *Reflection*

Paul's protege Timothy could be easily intimidated. Both in this letter and in allusions Paul makes elsewhere, it appears **Timothy struggled with fear**, particularly fear of what others thought of him, perhaps especially because of his close association with the polarizing Apostle Paul.

Timothy is in Ephesus to continue Paul's work, and he faces an uphill battle. Paul's two letters to him explain this in detail, and even a casual reading can leave one feeling overwhelmed at everything Timothy was expected to impart and the hostile, immature context in which he ministered.



## *Verse for Today*

*“For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.”*

2 Timothy 1:7

So, Paul begins by reminding Timothy of how God has equipped him. He says that **God has given all Christians a spirit or disposition— not of fear, but of power, love, and a sound mind.** When Timothy gives in to fear, he is acting contrary to what is most deeply true about him as a Christian.

**Rather than give in to timidity, we are to cultivate a strong spirit overflowing with these attributes.**

God’s grace at work in us means we can grow in spiritual power (enabled by the Holy Spirit to do the will of God), love (real affection and service for God and people) and discipline (a sound, self-controlled mind that gives rise to service that pleases God).

## **Each of these attributes contrasts with fear.**

If we exercise God's power, what can make us afraid? If we are rooted in love for God, then we trust His provision, promises, care, authority, and direction. If we have a disciplined mind, we will view ourselves and our surroundings rationally, with a mindset of faith rather than fear.

The first step to this is acknowledging and receiving God's promised work in you. If you are a Christian, God has given you this spirit. It isn't a question or up for debate. It's settled. But you can only operate in its provisions if you receive it as reality and acknowledge that it is God's work in you, not yours.

Choose to trust what God says about you.

He has placed within you a new disposition towards Him, one that can channel His power, love Him and others, and think in a clear, self-controlled way about reality.

**There is nothing to be afraid of when God has done this work in you.** Thank Him for it and be blessed as you rely on His transformation!

# *Prayer*

Dear Heavenly Father, thank You for Your gracious work in me to combat fear. I am so encouraged to know that You have given me all I need to trust You and not be afraid—down to the very disposition You have given me as a Christian.

I realize now that when I give in to fear, I am acting contrary to everything I am as a Christian. Please forgive me for not appropriating what You have given me and done for me.

Please help me to rest more in Your work in me, rather than relying on my own meager resources or abilities to face difficult circumstances.

I joyfully receive Your power as my enablement for life and service. Thank You that the omnipotent power of God dwells within me through the Holy Spirit. Thank You that all the resources of heaven are at my disposal as I seek to serve You and fulfill Your purposes for my life.

I welcome Your love to transform me into a better lover of God and people. I can only love

because You first loved me with an everlasting, transforming love (1 John 4:19). Thank You that You've given me a new spirit to love You, by which I can trust Your goodness and choose to love others rather than fear them or what they can do to me.

I thank You for a disciplined, sound mind. Thank You that I do not have to be overwhelmed by my circumstances, my inability to meet them, or my fears themselves, but have the ability to rationally and in faith evaluate my world, seeing it as it really is and not as my feelings or anxieties may twist it to be.

Today, by faith, I welcome Your work in me. I choose to receive and believe what You have said about me and will rely on that rather than giving in to fear and intimidation.

Thank You that You have welcomed me into Your safekeeping and that You have given me all I need to trust and follow You.

In Jesus' name, Amen.

# Chapter 6:

## Being Perfected In Love

### *Reflection*

Today's verse falls in a section about God's love for us, and ours for Him and each other (vv. 7-21). **John is speaking about love's importance to the daily Christian life.** In this verse's paragraph, John moves from abiding in Christ and God (vv. 13-15) to knowing and believing God's love (v. 16) to that love being perfected in us (vv. 17-21).

Love being "perfected" means for it to reach its intended goal.

John says it is by remaining in Christ and in love for Him and others that love is brought to completion in us (vv. 16-17). In other words, love has a goal. It has an intended effect. It has a purpose.

**If we are fearful, there is something lacking in our love.**





## Verse for Today

*“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.”*

1 John 4:18

Today’s verse makes that clear: *“He that feareth is not made perfect in love.”* (In the context, the fear is specifically fearing condemnation on the day of judgment, but in principle it can apply to any fear.)

**Fear can be God’s wakeup call for you to mature in your love for Him and others.**

This is particularly true with respect to your confidence in Him and His goodness. If you are fearful, on some level you are doubting God’s goodness and ability to help you. You don’t trust Him, and so you are withholding part of yourself from Him. This is a lack of love.

### **Perfect or complete love casts out fear.**

When we are controlled by a mature, Spirit-enabled love for God, we trust Him fully and have love's insight into His character, ways, and purposes. We see things about Him and about our circumstances that are only visible to eyes of love.

What others might view negatively the lover of God sees in a totally different light. Think of it this way: If you are married, you know your spouse's habits, characteristics, and intentions. What may look bad to someone without your perspective would look totally different to you, because you know and love your spouse. So it is with God.

### **Love and faith are interrelated.**

If we trust God, we will love Him. If we love Him, we will trust Him. We trust His timing, perspective, plans, orchestration of life's events, and everything else He is and does.

As our love for Him matures and grows, we will trust Him more, which means we will be less fearful and more assured of His watchful care.

**Choose to cultivate love for God and others.**

A lack of love is often revealed in life-dominating fear. Choose to receive this as God prodding you to examine your heart for an incompleteness in your love for Him and for His people.

Choose to receive and trust God's faithful love for you in Christ.

# *Prayer*

Father, thank You for making me aware of my need to increase my love for You and others. I realize that when I am controlled by fear, I am not being controlled by the love I should have for You and for them.

I choose to receive Your love for me, which covers over my failures to rightly love You and Your people. Thank You that Your love for me is constant, powerful, unchanging, and transforms me into the image of Christ.

Please help me to remember that as my trust in You grows, so goes my love, and vice versa.

On some level, my love for You is incomplete because I have not fully trusted You with my life and circumstances. And on some level, my lack of faith creates or reinforces a shallow love for You.

Forgive my lack of faith and love. Help me to rely on Your indwelling Holy Spirit to bring love to its intended goal.

Help me to not be distracted by the things that I fear, but to press onward to greater confidence in Your protection and greater responses of love as You meet my needs.

I choose to commit myself afresh to a Spirit-enabled love for You and for others. Thank You that I have the promise of Your help to do this as I trust You. Thank You that You will continue to work in me to help me overcome fear and failure as You make me more like Your Son.

Please dissolve the bonds of fear as I grow in my love for You. Thank You that there is a way out of fear as I mature in love.

Thank You that there is hope. I receive this as Your word of assured victory to me today.

In Jesus' name, Amen.

# Chapter 7:

## Resting In His Presence

### *Reflection*

This psalm encourages us to rest in God's presence. After reminding us of His character and posture towards His people ("refuge... strength... very present help"), the psalmist applies what one author calls the logic of faith:

**If God is all of these things, and He is with us, there really is no logical reason to fear, even in the worst circumstances.**

The psalmist focuses entirely on God's character and provision. He does not even mention his need. His focus is strictly upon who God is and what He is able to do for His people.

He is a safe place. He is the one who makes us strong and bold to face challenges. He is constantly present and active in helping us, not passive or distant.





## *Verse for Today*

*“God is our refuge and strength, a very present help in trouble. Therefore will not we fear.”*

Psalm 46:1-2

Everything in the psalm flows out of God’s active presence. Because God is in the *midst* of Jerusalem, she is immovable (v. 5). Because God is *with* His people, He is their fortress (v. 7). Because God is *present*, He makes wars cease and shatters the implements of warfare (vv.8-9). We can be still and know that He really is God (v. 10).

The psalm closes with a reaffirmation of God’s presence manifested as protection. *“The LORD of hosts is with us; the God of Jacob is our refuge”* (v. 11). God is immediately, personally, actively present with His people as their impregnable fortress, their unconquerable safe place in the midst of terror.

**Because God is with us, we can be strong.**

He will act as our place of refuge, as our Deliverer, and as our Strength on the day of battle. Whatever our need is, God's personal presence promises to meet.

We must look to Him and be consumed by confidence in His ability, and not be swayed by our fears, no matter how big they may be.

# *Prayer*

Dear Heavenly Father, I thank You for what this psalm reveals You to be. I thank You that You are my refuge, my strength, and a constantly present help in any trouble I face.

Thank You that I have all the power and resources of heaven at my disposal as I stand against any threat from the world or my own heart.

Please manifest Your personal presence to me in the way I most need. You know best what You are trying to accomplish in what I fear, whether that is endurance, increased faith, displaying Your power through miraculous deliverance and provision, or something else.

Because You are personally present, I ask that You deliver me from what I am most afraid of (name it). Please use Your omnipotent presence to turn my enemies away from me and show Yourself victorious against everything that comes against me as one of Your people.

I praise You that because of the gospel, the psalmist's words can become mine. I am Your

beloved child because of the work of Jesus Christ, and so I can claim this promise as my own.

Thank You that I can see You work on my behalf as I trust You.

I also thank You that the things I fear are an opportunity for You to manifest Your protection and power. They are an opportunity for me to rest my full weight on Your promises and see that they come true for me.

They are a “Red Sea moment,” where I am forced to look to You alone as my Deliverer because my own abilities are not sufficient.

Thank You for using my life and my circumstances to bring You glory, even in the times I am most afraid.

I thank You that You are bigger than me, bigger than my fears, bigger than my failures, and wise enough to work all of it together for my good because I love You and am called according to Your purpose (Romans 8:28).

Please teach me to receive the promise and possibility inherent in Your presence.

I choose to trust Your Word and refuse to be daunted or confused by the swaying of the world around me. I accept this circumstance as an occasion for You to make good on Your promise to rescue me, and that because You are with me I have nothing to fear.

In Jesus' name, Amen.

# Conclusion

## **God desires an abundant life for His people**

**(John 10:10).** This includes freedom from fear.

Why? Because as our Redeemer, Jesus reverses everything that sin and the curse have brought into our lives. He does not want you to walk in fear, but to be confident in His ability to protect, uphold, bless, establish, and vindicate you.

**Freedom from fear is a process.** Particularly if you've made a habit of giving in to fear!

Don't be discouraged if you find yourself still fearful after completing this devotional. Continue to choose to trust what God says about you, about Himself, and about His purposes. As you make choices of faith, they build up over time into a new way of life.

## **God is merciful.**

Do not allow your fearfulness to make you shrink away from God in shame. Approach Him boldly in Christ, owning your weaknesses and inviting His help and enablement by His Spirit. He delights to rescue you and prove His unswerving faithfulness time and again!

## **Never give up hope that you will be set free.**

The first step to liberty from any life-dominating habit or bondage is to believe God can set you free. Don't ever lose that! Believing you cannot change or that your life can't be different will only keep you in chains. Choosing to trust God's ability to set you free is vitally important.

## **Behold your God.**

He is high and lifted up, and yet dwells with the humble who acknowledge their need of Him. He has forgiven all your sin in Christ and is for you with all the omnipotence and covenant love of heaven. He has made stupendous promises to you and invites you to believe Him.

Truly, He is the lifter of our heads!

I truly hope this has been a valuable resource for you. Please contact me with any questions! You can reach me at [ubicpastormatt@yahoo.com](mailto:ubicpastormatt@yahoo.com) or call me at 386-547-4004.

A handwritten signature in black ink, appearing to read "Matt McKeown". The signature is fluid and cursive, with a long horizontal stroke at the end.

Matt McKeown, Senior Pastor of UBIC Holly Hill