



Beth-El
*Church of God
in Christ*

PASTOR **Eric Brown**
ELECT LADY **Erica Brown**

**OVERCOMING FEAR: LESSONS FROM
GIDEON'S ARMY**

“
**mighty man of
valor.**

IN JUDGES 7, WE FIND A POWERFUL STORY ABOUT FEAR, FAITH, AND GOD'S DESIRE TO RECEIVE GLORY. THE ISRAELITES HAD BEEN OPPRESSED BY THE MIDIANITES FOR SEVEN YEARS. THESE ENEMIES WOULD DESTROY ISRAEL'S CROPS JUST BEFORE HARVEST TIME, LEAVING THEM IMPOVERISHED AND LIVING IN FEAR, HIDING IN CAVES AND STRONGHOLDS.

God chose Gideon to lead Israel out of this oppression—a man who, by his own admission, came from the least of his tribe and was the weakest of his family. Yet God called him a “mighty man of valor.” This reminds us of an important truth: if God calls you something, that's who you are, regardless of how you see yourself.

WHY DO WE STAY IN FEARFUL SITUATIONS?

When Gideon gathered his army, God gave an interesting command. He told Gideon to announce that anyone who was “fearful and afraid” should leave. Remarkably, 22,000 soldiers—two-thirds of the army—departed, leaving only 10,000 behind.

It's easy to criticize these men for their lack of faith, but their response reveals something profound about human nature. Sometimes people have endured so much hardship that they become afraid to move forward. They might think, “I can't trust anyone, including

God. I'd rather stay where I am, even if these surroundings aren't good for me.”

These people were experiencing inner turmoil—wanting better circumstances but too afraid to make the necessary changes to achieve them. They were the “shook ones”—people paralyzed by fear.

WHY DOES GOD SEPARATE US FROM FEARFUL PEOPLE?

God told Gideon the army was too large because He didn't want Israel to claim the victory for themselves. God wanted to ensure He would receive the glory for their deliverance.

This separation served another purpose: removing those who might sabotage the mission through their fear. Fearful people often focus on everything that could go wrong rather than what could go right. They try to plant their fear in leaders to prevent forward movement.

We see this pattern throughout Scripture:

In Exodus, the Israelites wanted to return to slavery rather than face the unknown

When Moses sent spies to Canaan, ten returned with reports focused on the obstacles rather than God's promises

When you're pursuing your God-given purpose, not everyone around you can go with you. Some may try to sabotage your future because they're living in fear from their past.

“

**Am I the shook
one?**

ARE YOU THE “SHOOK ONE”?

While it's important to recognize fearful people around us, we must also ask: “Am I the shook one?” Are you living in fear because of past experiences? Are you focusing on where God wasn't instead of where He is now?

It's understandable that life sometimes gets the best of us, but living in fear must come to an end. The Scripture reminds us that “God has not given us a spirit of fear.” We shouldn't hold onto or walk in a spirit that God hasn't given us.

LEARNING FROM JESUS' EXAMPLE

Jesus faced the ultimate challenge when He agreed to die on the cross. He knew there would be pain, mockery, and difficulty. While He expressed His concerns ("let this cup pass from me"), He wasn't "shook." He never wavered in His commitment to God's will.

Sometimes we must go through difficult circumstances, but we shouldn't go through them with fear, worry, or paranoia. Instead, we should face challenges with the power and authority God has given us.



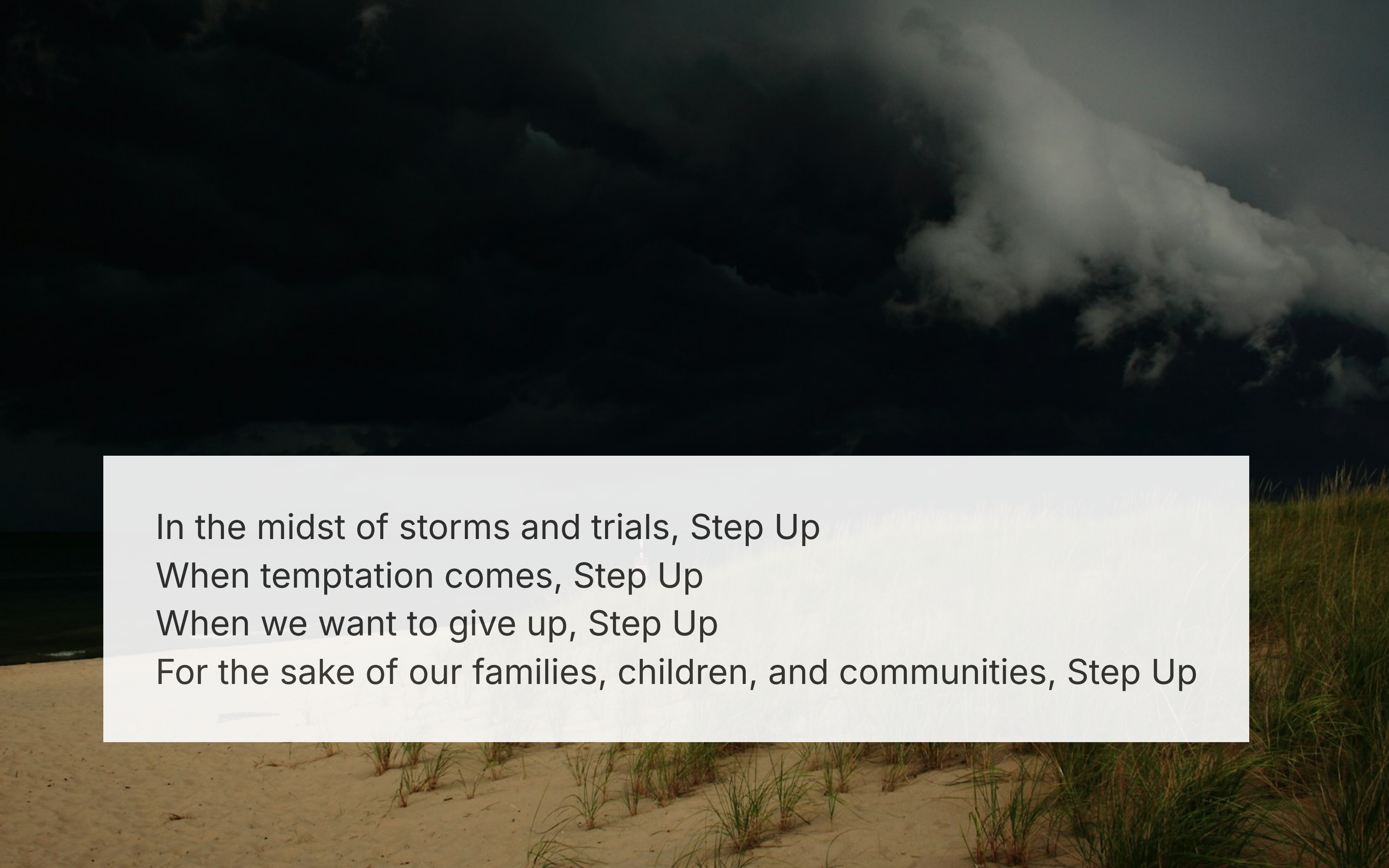
THE CALL TO “STEP UP”

Men especially are called to
“step up” in the face of
adversity:

When life starts life-ing, Step
Up

When things aren't going as
planned, Step Up





In the midst of storms and trials, Step Up
When temptation comes, Step Up
When we want to give up, Step Up
For the sake of our families, children, and communities, Step Up

We must step up because, despite our circumstances, God is with us.

We step up when it's time to sacrifice, lead, or help others in need.

We step up when the road gets rough and the going gets tough.

Why? Because we are mighty men of valor. Because God has called us for a purpose and placed promises on our lives.

Because God gives us the strength we need to endure whatever He allows us to experience. Because God gives us the strength we need to endure whatever He allows us to experience.





THE CONSEQUENCES OF NOT STEPPING UP

When men don't step up, they put themselves and their families at risk. Throughout history, women have often had to go above and beyond, carrying not only their responsibilities but also those of men who were "shook."

But this isn't how God designed things to work. We can't build properly when the entire weight rests on shoulders not designed to carry that particular load.

LIFE APPLICATION

God will not send you to a place of defeat. He sends us to places where victory is already secured—we just need to get there. But if we're "shook," we'll never arrive.

This week, examine your life for areas where fear might be holding you back:

Where are you living in fear rather than faith? Identify specific situations where you're allowing fear to dictate your decisions.



“


**I will not be
shook. I will
not live in fear.
I will live in the
promise God
has for me.**

Who are the shook ones in your life? Consider whether certain relationships might be hindering your spiritual progress because of their fear-based perspective.

What is God calling you to step up to right now? Is there a challenge, responsibility, or ministry opportunity you've been avoiding out of fear?

How can you separate yourself from a fearful mindset? What scriptures can you memorize to combat fear when it arises?

Make this declaration today: "I will not be shook. I will not live in fear. I will live in the promise God has for me."

A photograph of Pastor Eric Brown, a man with glasses wearing a grey suit and blue tie, speaking at a podium. Behind him is a large blue banner with the church's name in gold and white text. To his left is a woman wearing headphones, likely a worship leader. The background features two large blue rectangular light fixtures. The foreground shows the backs of several audience members.

Beth-El

*Church of God
in Christ*

PASTOR Eric Brown
ELECT LADY Ericka Brown

Remember, God is sending you to a place where you already have the victory. All you have to do is get there.