

FEARFUL NO MORE

*"I sought the LORD, and He answered me,
He delivered me from all my fears"
Psalm 34:4*

REFLECTION

The child that has gone wayward, the loan that is overdue, the lump that is to be tested and the pandemic that is yet to be over often become our fears that can dominate our thoughts, influence our emotions and in turn affect our behaviour. It is normal to be upset, anxious or lost when faced with fears. Some people choose to fight their fears with all their strength and resources available, while others may just flee from their fear as far as possible. Yet, there are those who are left crippled with a sense of helplessness like a deer in the headlights.

The psalmist, David, had real reasons to be fearful, especially being in the midst of those who could oppose him and take his life. Those were legitimate fears he that experienced. But he was not afraid anymore once chose to seek the Lord. He did not allow fear to be his focus. Instead, He made God his focus. He invited God into his situation, listened to God and allowed God to help Him. God heard his prayer and answered him. The result was that David was delivered from all his fears.

Because of this experience with God, David repeatedly emphasized the importance of the fear of God in this psalm rather than to fear the things of this world. He identified those who fear the Lord as those who are delivered from their other fears. Such was his confidence. And as we read David's Psalm, this is the assurance we receive - the fear of God dwarfs all other earthly fears and drives them far away from us.

PRAYER

May the fear of the Lord direct my paths when distractions and deceits come my way. May the peace and comfort of God surround me, when fears try to overwhelm me.

I will be fearful no more, when I look to you O Lord, my helper and my guide. Amen.

SUPPLICATION

- Take some time now to recount how God may have answered your prayers in the past. Recall moments where the fear of God enabled you to face personal challenges with courage. Give thanks to God and allow faith to arise within you. Like the psalmist, sing praises to the Lord and glorify His name, Hallelujah!
- Are there situations right now that are causing you to feel powerless or helpless? The Lord is able to deliver you from all your fears if you would seek Him. Take this time to surrender your fears to Him and allow the Holy Spirit to minister to you. Meditate on Ps 34:4 this week.
- Pray that the fear of God will increase and permeate into the hearts of believers and in the life of the Church. It is easy for one to give in to the fear of men especially when personal interest or self-image is at stake. Pray that there will be such single-mindedness to put God first and to honour Him in our churches today.
- Pray for every Christian in various leadership positions in Singapore and around the world to always fear the Lord. As they take on the responsibilities to lead, they often have to make decisions that would have huge impact on the lives of many. May they lead with humility, integrity, courage and wisdom that come from the Holy Spirit. May God strengthen them as they seek to put Him first.

The fear of the Lord is the beginning of wisdom, and knowledge of the Holy One is understanding.

Proverbs 9:10

***If you need any prayer or pastoral care support,
kindly contact the pastoral care team via:***

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