

Do Not Fear

Description

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Psalm 34:15-22

Being afraid generally leads to one of three responses: fight, flight, or freeze. When we are afraid, we move into a primal state of protecting ourselves. In certain situations, this is a life saving response. At other times, however, it keeps us from following God in the big and adventurous ways we are being called.

Jesus reminds His disciples that they don't need to be afraid. Even death, for those who follow Christ, is not to be feared.

There are many things in our world which cause us to fear. The fear of the unknown, the fear of death and disease, the fear we have for those we love, and the fear of failure are just a few among a long list. These fears can keep us immobilized from joining the mission of God in the world.

Christ reminds us that we are loved. We are so deeply loved, looked after, and cared for that God knows the very hairs upon our heads. We are cared for more than the sparrows.

We do not need to fear, because God cares for us.

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