



Being with Jesus:

A Devotional From the Book of Mark

Week 2
Faith Instead of Fear

Day 3

Scripture

“For God gave us a spirit not of fear but of power and love and self-control.” — 2 Timothy 1:7

“This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us.” — 1 John 5:13

“Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.” — Hebrews 4:16

“But blessed is the one who trusts in the Lord,
whose confidence is in him.” — Jeremiah 17:7

Prayer:

Father, thank You that You do not give us a spirit of fear. Help us to live out of Your spirit. May we make You our confidence and the one that we trust in. Amen.

Reflection

Sometimes we have fear that sticks with us for long periods of time, and we can't pinpoint why. These fears are sometimes called “free-floating anxieties.” This is because they are always around and attach themselves to whatever event is coming up next that could possibly scare us for some reason. A spirit of fear is when you are always afraid.

Another thing that can happen is that we think of the worst case scenario all the time. This is called catastrophizing. These are not things God wants for us.

In 2 Timothy 1:7, it says that God does not give us a spirit of fear, but one of power, love, and self-control. If we are walking in step with God's spirit, we act in confidence, power, love, and self-control. Plug into God! Spend time with Him! Quote 2 Timothy 1:7 over and over again to yourself if you are dealing with a spirit of fear!

In 1 John 5:13 and Hebrews 4:16, it says that we can approach God with confidence through Jesus' work for us. God will hear our prayers and give us help in the time of need. Run that through your mind over and over instead of what you are worrying about!

Jeremiah 17:7 says that the man whose confidence is in the Lord is “blessed,” which can be translated “happy.” That's the kind of spirit we want to have. Work to place your confidence in the Lord.

Questions

Have you ever felt like you had a spirit of fear?

What do you think it would be like to live by the spirit God gives us?

What can you do when you are feeling afraid?