

Biblical Encouragement for Moms  
September 29, 2013

**Don't let fear grip you!**

The average person spends more time concentrating on fears than faith. God wants to grow your faith in Him. You can be strong and courageous for Christ!



**When you allow your mind to concentrate on fearful things, your emotions will be tied up there.** You will have little to give your family. Like a lovely stream that gets blocked off with falling rocks, there will only be a trickle left for others to benefit from.

The Bible says “**fear hath torment.**” Our children need us to be free of fear’s grip. They have problems and needs of their own. We need to be available to them.

Let’s read a few verses on the subject, and learn about God’s view of fear.

**Proverbs 29:25 “The fear of man bringeth a snare, but whoso putteth his trust in the Lord shall be safe.”**

The fear of people can really hinder us in our walk with the Lord, and with our parenting. Do not try to please relatives and friends. You must get out of that snare. It is God that you need to seek to please. You will ultimately answer to Him. Some of your friends or relatives may not understand God’s will for you and your family. Do not fear what others think.

**Psalm 27:1 “The Lord is my light and my salvation; whom shall I fear? The Lord is the strength of my life; of whom shall I be afraid?”**

The Lord gives you everything you need for a strong faith. He gives you light and salvation. He is the strength of your life. We do not need to be afraid. We need to trust Him more. Trust Him in new areas. Grow your faith in Him by spending more time in the Word.

Does anyone have something to share from your time in the Word this week, or recently?

By spending more time in the Word, you will gain a confidence that will help you with fear. Your confidence in God will grow. Your faith will grow. Your fears will shrink back. The Word of God will water your faith. Like “Miracle Grow” (plant food) it will grow. Your faith in God will flourish as Jesus fills you with His Word.

**Read Psalm 34:4 “I sought the Lord, and He heard me, and delivered me from all my fears.”**

Are you seeking the Lord, or are you trying to carry your worries? There is true deliverance in Jesus Christ. The peace that comes from God will quiet your fears. You know you should be fearful in your circumstance, but you experience the peace of God instead. Your faith in God has won over your heart.

Now let’s look at some areas where Mothers commonly experience fear.

- 1. Fear that we may not raise our children properly for Christ**
- 2. Fear of death**
- 3. Fear in financial decisions**
- 4. Fear of what people will think of us**
- 5. Fear of causing someone to stumble in their walk with God**
- 6. Fear of failure**

In all these areas, we must learn to **depend upon God**. These areas should drive us to our knees. We will always need God's wisdom for guidance. We will fail without it. Learn to pray as naturally as you breathe and eat. Talk to God all day long. This will eliminate many fears. You are not alone. God is with you.

**“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

Just knowing God is with you should help. Remind yourself that you are not alone. He promises to strengthen us in this verse. He promises to uphold us in this verse. God's strength will carry you through your pain or pressures.

**Do not let fear get a grip on you.** Do not let your emotions go wild. Refer back to these Bible verses as needed. Also, do not feel alone when you are tempted to fear. Turn it to prayer and the Lord will show you what to do.

A holy reverence to God is called fear too. This fear accomplishes great things. We will conclude with the fear of the Lord. This is the proper kind of fear.

**“In the fear of the Lord is strong confidence,** and His children shall have a place of refuge.” Proverbs 14:26

You will answer to God in life. Pay attention to how you are responding to Him. Fear God and focus on pleasing Him. The treasures of serving Him are priceless. He rewards your sincere love for Him with a special confidence that replaces fear.

Let's pray.

