

Do Not Be Afraid

By: David Burruss

There is a phrase in the Bible that is repeated 365 times. Do you know what it is?

That phrase is *“Do Not Be Afraid”*.

I believe that if we don't put our trust in God, that our enemy (Satan) can:

- Discourage you
- Tempt you
- Cause you to stumble
- Torment you
- Turn your family and friends against you
- Take your health
- And maybe even your life

However, there is one thing that Satan is powerless to do every day of the year. He cannot touch your soul. So, fear not because the Lord is with us.

Isaiah 12:2 – Behold, God is my salvation; I will trust and not be afraid: for the Lord God is my strength and my song, and he has become my salvation.

Romans: 8:6 – For to set the mind of the flesh is death, but to set the mind to the spirit is life and peace.

Given that God is both our strength and our song, we must have faith in him and not be fearful. Do not let fear drive away our energy. Instead, let's focus on singing God's praises and putting our faith and trust in him. Years of stress have made us more susceptible to the enemy because of the strong mental conflict that exists.

As a result, we need to be vigilant in guarding our thoughts. Do not mock this weakness in ourselves because God uses it to draw us closer to Him. The intimacy that results from our ongoing need for God is well worth the effort. In the battle for our thoughts, we are not fighting alone. God's Spirit resides within us and is constantly prepared to support us in our efforts. Ask God to control your mind; He will bless you with Life and Peace.