

Fear Does Not Get the Final Word

By: David Burruss

Fear has a way of creeping in when we least expect it. Sometimes it shows up as a quiet uneasiness, and other times it feels overwhelming, like everything inside just freezes. I have had moments where anxiety made even simple decisions feel heavy, and I found myself stuck, unsure of what step to take next. It is in those moments that I am reminded how deeply I need God's truth to steady my heart.

The Bible speaks so honestly about fear, and I find comfort in that. It never pretends that life is easy or free from trouble. Instead, it meets us right where we are and gently calls us to something greater. Peter writes, "Who is he who will harm you if you become followers of what is good? But even if you should suffer for righteousness' sake, you are blessed. 'And do not be afraid of their threats, nor be troubled.' But sanctify the Lord God in your hearts" (1 Peter 3:13-15).

I love that this passage holds both truth and tension. It reminds us that doing good matters, and yet it also acknowledges that suffering may still come. Following Christ does not remove us from a broken world. We still see pain, injustice, and division all around us. But Peter points us to something deeper than our circumstances. He points us to the condition of our hearts.

"Sanctify the Lord God in your hearts." That phrase stays with me. It is an invitation to give Jesus His rightful place, not just in words, but in the quiet, hidden places within us. When He is truly at the center, fear does not get the final say.

I have noticed how much my attention shapes my inner world. When I constantly take in negativity, fear begins to grow. It becomes louder, more convincing. But Scripture calls us to a different focus. "There is no fear in love; but perfect love casts out fear" (1 John 4:18). That kind of love is not something we manufacture on our own. It flows from knowing God, from resting in His presence, and from remembering who we are in Him.

And then there is this gentle but powerful reminder: "God has not given us a spirit of fear, but of power and of love and of a sound mind" (2 Timothy 1:7). I come back to that often. Fear may visit, but it does not define me. It is not what God has placed within me.

That does not mean we ignore the reality of the world around us. It does not mean we pretend everything is fine. Jesus Himself said, "In the world you will have tribulation; but be of good cheer, I have overcome the world" (John 16:33). I find so much peace in that. Trouble is real, but so is His victory.

So how do we live in that tension? I think it begins with where we fix our eyes. Isaiah writes, "You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You" (Isaiah 26:3). Peace is not found in having perfect circumstances. It is found in steady trust.

Peter's encouragement becomes a picture of daily life. Seek what is good. Choose what is right. Let your life reflect the heart of Christ. Even when fear whispers, keep moving forward in faith. Even when the world feels uncertain, hold onto the certainty of who God is.

I am learning that courage is not the absence of fear. It is choosing to trust God in the middle of it. It is remembering that I am loved, that I belong to Him, and that His Kingdom is unshakable.

And when I forget, which happens more often than I would like, He gently calls me back again. Back to truth. Back to peace. Back to Himself.

So today, whatever feels heavy or uncertain, take a small step forward. Not in your own strength, but in His. He is faithful, and He will carry you.