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## Daily Devotional - Dealing With Fear

MAY 21ST 2015 BY DEE LOFLIN

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### Philippians 4:6

Not only is anxiety uncomfortable; it also leads to negative consequences. For example, reasoning becomes cloudy when permeated with worry. So an anxious person will have trouble making wise decisions. Fear of failure may also lead to procrastination or lack of productivity. Apprehension can devastate personal and spiritual growth, relationships, and work. So conquering fear is important.

These four steps can help:

1. **IDENTIFY THE FEAR.** Ask yourself, *What are the circumstances surrounding my feelings? What triggered them? What message am I telling myself?*
2. **TURN TO THE LORD.** Remember that God loves you and desires a close relationship with you. He is in sovereign control of your situation, so bring your apprehension to Him.
3. **REBUKE THE FEAR.** You have authority and power in Jesus' name to reject what isn't from Him. Meditate on Scripture passages such as [Matthew 10:31](#) and [Proverbs 1:33](#). Let God's truth replace any wrong thinking.
4. **CLING TO YOUR HEAVENLY FATHER.** Take your focus off your circumstances, and look to the One who promises His help. The Bible gives this assurance: "Do not fear, for I am with you; Do not anxiously look about you, for I am your God. I will strengthen you, surely I will help you, surely I will uphold you

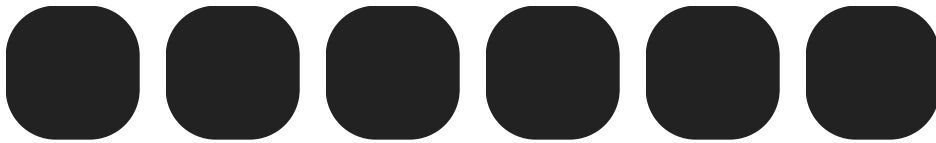
with My righteous right hand” ([Isaiah 41:10](#)).

Circumstances are external and often beyond your control. But your response originates within. It’s amazing how fears diminish in the Father’s presence.

LAST UPDATED ON MAY 21ST 2015 BY DEE LOFLIN

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