

## **DELIVERED FROM ALL FEAR**

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

This sounds like such a sweeping statement, “He delivered me from all my fears.” “Is that really possible?” you might wonder. “How can this be?”

From my own experience I can attest to the fact that it is possible. Like the Psalmist, I also once had many fears, but as I have sought the Lord, He heard me, and those fears which at one time were my constant companions have been swept away.

Life presents many opportunities to be afraid, but God's Word provides us with many reasons why we should not fear. As we seek Him and make His word our focus, He also provides us with the power to overcome each one.

In seeking God, He not only hears our prayers and rewards us as we diligently seek Him, but He also rewards us by revealing Himself to us. He is found of those who seek Him. What blessing we enjoy simply by getting to know Him more. He hears us when we pray and we have the assurance that if He hears us, we know the answer is on the way. (*1 John 5:14,15*)

When our eyes are enlightened by the Holy Spirit who dwells within us, our understanding grows concerning the greatness of His love for us. It is this love, God's perfect love, that casts out fear. (*1 John 4:18*). His love is like a magnet, and we are drawn ever closer to Him as our hearts find rest and peace in His loving embrace. How wonderful it is to live in the constant awareness of His presence! He dwells in us but He is with us, always. Our hearts respond to His love and open to receive it as a flower opens to the warm rays of the sun.

When we seek Him, He becomes our focus. This means that instead of being occupied with anxieties and fears that would so easily intimidate us, we become occupied with the greatness of our God. He reveals Himself to us in ever-increasing ways and our revelation of Him causes the fears that once plagued our minds to decrease. They lose their place in our hearts as in the light of His love they now seem so small. Fear just melts away. Its power over our hearts and minds is broken as faith arises within us, faith in the One who is greater than any problem or difficulty that threatens to overcome us.

Fear is an enemy, but we can rejoice in God knowing that through the triumph of Jesus at the cross it has been defeated. He won the victory for us. All that He did at the cross was for us. Because He has taken up residence within us we have the power to overcome. We can boldly declare as David did, “I sought the Lord, and He heard me, and delivered me from all my fears.”

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Stay close to Me. Lean your head upon My breast. Nestle in and hear My heart beat. Know My tenderness and the extravagance of My love for you. This is your hiding place, your place of safety and security where no evil can touch you. It is a place where the enemy cannot penetrate. Hide in Me, abide in Me and your heart will be at peace as the plots and plans of the enemy will be swallowed up and rendered powerless against you.