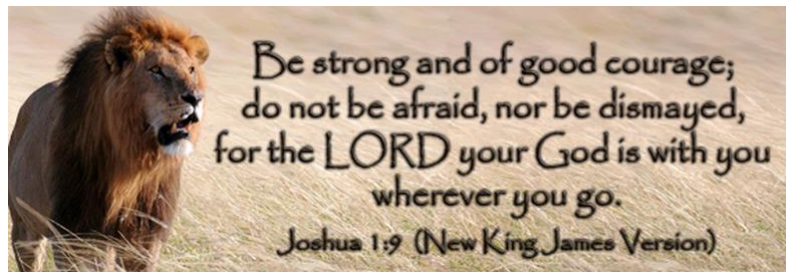




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## “Fear Not!



The Bible mentions, in some form, 365 times “fear not!”. That’s once a day for the entire year to remind us God is in control. How can we reconcile this in the military? Particularly, combat? Easier said than done! What are ways to address and cope with such fear from a Biblical perspective? Let’s learn from Joshua.

### **Total Surrender to the Lord**

“Nevertheless, my brethren who went up with me made the heart of the people melt, but I wholly followed the LORD my God.” Joshua 14:8 Version (NKJV)

*-Complete trust in humans can be a naïve. Complete trust in the Lord is intelligent. He wants us to lean on Him and trust Him completely!*

### **Be Honest About Your Fear**

Now they departed and came back to Moses and Aaron and all the congregation of the children of Israel in the Wilderness of Paran, at Kadesh; they brought back word to them and to all the congregation, and showed them the fruit of the land. <sup>27</sup> Then they told him, and said: “We went

to the land where you sent us. It truly <sup>[d]</sup>flows with milk and honey, and this *is* its fruit.

<sup>28</sup> Nevertheless the people who dwell in the land are strong; the cities are fortified and very large; moreover, we saw the descendants of Anak there. <sup>29</sup> The Amalekites dwell in the land of the South; the Hittites, the Jebusites, and the Amorites dwell in the mountains; and the Canaanites dwell by the sea and along the banks of the Jordan.”

*-The challenge which caused the fear was recognized and verbalized. Just because you recognize the cause of the fear does not mean you succumb to the fear!*

### **Trust the Lord will be there with you**

7 “and said to the entire Israelite assembly, “The land we passed through and explored is exceedingly good. 8 If the LORD is pleased with us, he will lead us into that land, a land flowing with milk and honey, and will give it to us.” Numbers 14:7-8

*-Fear is NOT a lack of faith! Fear is human. However, knowledge and faith that God will deliver you from your fear or from your fear causing event is imperative.*

### **Act**

“Then Caleb quieted the people before Moses, and said, “Let us go up at once and take possession, for we are well able to overcome it.” Joshua 13:30

*-Fear can be and often is debilitating. Take courage. Fear not. Go! God is with you. God loves you! Trust in His providence. But you must act! Fear is worse when you succumb and freeze. Just as in combat, if you freeze, the result is usually a negative one!*