

The Cure for Fear (Isaiah 41:10)

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Two explorers were on a jungle safari when suddenly a ferocious lion jumped in front of them. "Keep calm" the first explorer whispered. "Remember what we read in that book on wild animals? If you stand perfectly still and look the lion in the eye, he will turn and run." "Sure," replied his companion. "You've read the book, and I've read the book. But has the lion read the book?"

We laugh at such stories, but fear and dread can become a part of our Christian lives. It can begin to build up and eat away at our hearts and overtake our spiritual lives. This study reminds us that we do not have to live in a state of constant fear and despair. Fear and dread do not have to overtake our lives as we pass through difficult trials and troubles.

Charlie Brown said: "I have a new philosophy. I'm only going to dread one day at a time." Sadly, some people actually live by this philosophy. But it's a philosophy of defeat and one that causes discouragement and fear to build up in our lives. As believers in Christ, we are called to a different way of life.

It's a life of freedom from life-debilitating fear, worry, and anxiety. Our lives do not have to be overcome and defeated by fear as we face life's trials and tests.

Isaiah 41:10 gives God's people this promise:

"Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness."

This is my life verse. I claimed this verse after answering God's call to preach. When God was trying to call me into the ministry of preaching I was reluctant to obey His call. At first I did not understand what God was trying to do but later I sensed that God was definitely calling me to preach His Word. At one point I had many fears. I knew that I was not a natural-born speaker. I did not have good communication skills. I was not a perfect student. I was not sure anyone would ever want to listen to me. The fears mounted up but then the Lord gave me this verse that calmed my fears and it's a verse that I treasure to this very day.

Of course, all of us in a practical way need to apply this truth to our lives. If we are going to live above the kind of fear, anxiety and despair that paralyzes our spiritual lives, then we must take this verse to heart. Isaiah is writing this during the time of Israel's captivities and is reminding the people that God has not abandoned them and reaffirms His covenant and commitment to them. This text can also be viewed as God's promise to His people today (Rom. 15:4) as they pass through trials and the difficulties of life.

God does not want us to be overcome with paralyzing fear.

There are six practical lessons to learn.

I. Escape from fear ("Fear thou not").

This is actually a command that God gives to His children. God has given us the means to escape plaguing fear in our lives. He tells His children they should not be overcome with fear. This is because fear can stifle our

spiritual lives and keep us from living a victorious life. Fear can overtake us and bring us into spiritual bondage. God reminds His people some 365 times in the Bible that they should not fear.

The unwanted companion of fear is to be “dismayed” which literally means in the Hebrew language to be “fixed” upon something or “gaze” at something intently. It implies that we possess a deep concern in life that causes us to be bewildered or overcome during our time of testing. When we are “dismayed” we lose our spiritual bearings in life and are overwhelmed with life’s trials. Fear and dismay are like twin watchdogs that can hound and haunt us in life. When we are fearful we are overwhelmed and dismayed at what life throws at us. At one point, we become totally discouraged, depressed, and defeated because of what is happening in our lives or with the lives of others. We are filled with fear and overwhelmed with life and our spiritual life is suddenly drowned out.

We are “dismayed” when we allow our trials and burdens of life to create distress in our hearts, discourage us, disillusion us, and dishearten our lives. Many Christians live with fear and dismay. God wants to remove fear and dismay from our lives. "Fear thou not; for I am with thee: be not dismayed." God said something similar to Joshua when He told him to not fear the king of Ai and his soldiers.

Joshua 8:1 reads:

“And the Lord said unto Joshua, Fear not, neither be thou dismayed: take all the people of war with thee, and arise, go up to Ai: see, I have given into thy hand the king of Ai, and his people, and his city, and his land.”

God reminds us that we are victors when we are on His side. We can have victory over our enemies and live above our trials in life. What is your “Ai” that you are facing today? The obstacle may seem big, but I assure you that God is bigger than any obstacle that is before you and which you must face. He will go before you and give you the victory. Joshua certainly knew that this was true for He was a man who lived in God’s presence.

Joshua 10:25

“And Joshua said unto them, Fear not, nor be dismayed, be strong and of good courage: for thus shall the Lord do to all your enemies against whom ye fight.”

The trials of life that generate fear and dismay in our lives can be compared to the giants that caused fear and dismay to arise in the hearts of the children of Israel. As God's people, we should be ready to face the giants that He allows to come into their lives. Numbers 13:33 states: "And there we saw the giants, the sons of Anak, which come of the giants: and we were in our own sight as grasshoppers, and so we were in their sight."

The giants that we face in life are normally not giant people; however, there are many physical and spiritual giants which we face in life that can strike fear in our hearts. There are giant trials, struggles, or specific problems we might be passing through in our lives. God reassures us that we don't have to allow fear to overtake us and become the driving force in our lives as we face the giants of life. "Fear thou not" and "be not dismayed." The point seems to be this. If we don't allow fear to overtake our hearts then we will not be dismayed or overwhelmed with the trials of life. We will maintain our spiritual equilibrium in life.

A father said that his little girl, who was much afraid of the dark, slept at night in a crib beside his bed. Often he had been wakened during the night by a little voice saying, "Papa, it's dark! It's dark, papa! Take Nellie's hand." And when, in answer, he had taken hold of the lifted hand, she sank quietly to sleep, all her fears being taken away. The remembrance of the pleading voice had often helped him to remember, in the midst of his own troubles and distress, that he, too, had a Father to whom he could lift his hand and say, "Father, it is dark! Take my hand."

"Precious Lord, take my hand
Lead me on, let me stand
I am tired, I am weak, I am worn
Through the storm, through the night
Lead me on to the light
Take my hand precious Lord, lead me Home."

God wants to deliver us from fear and anxiety and replace it with His peaceful rest. Sometimes the Lord calms the storm. Sometimes he lets the storm rage and calms his child. God wants to grant us peace in the midst of the storm. This is why He commands us to "Fear not." Have you been

overcome with some specific fear? Are you allowing a particular fear to drown out your victory and spiritual life? If so, you need to discover the cure for fear that really works. The Bible gives us the answer on how to live free from the type of fear which can haunt our lives and bring us to a place of spiritual defeat and despair.

What is the treatment or cure for overcoming fear? Every sickness must be treated to bring about a cure. The same is true for fear. The spiritual malady of fear needs to be treated and cured by God's remedy. The treatment or remedy to rid your life of fear is found in the rest of Isaiah 41:10. After giving the command to "Fear not" Isaiah proceeds to give the antidote or cure for fear in the rest of the verse. We are reminded that "God's commands are God's enablements." What God tells us to do something He gives us the guidance on how to accomplish it. How do we overcome fear? The remaining portion of this verse gives us a very clear answer.

2. Experience God's presence ("I am with thee")

This means we don't need to fear since we have God's abiding presence to provide us with comfort, peace, and spiritual stability in the changing seasons of our lives. God's presence will help us to overcome the fears, foes, failures, and future which can sometimes be scary. We don't have to be overcome with fear since God is with us. "I am with thee." What more do we need? "If God is for us, who can be against us?" (Romans 8:31).

"O Jesus, I have promised
To serve Thee to the end;
Be Thou for ever near me,
My Master and my Friend:
I shall not fear the battle
If Thou art by my side,
Nor wander from the pathway
If Thou wilt be my Guide."

In Matthew 14:27 Jesus said something similar to His disciples when their boat was on the sea being tossed about by the raging storm. "But straightway Jesus spake unto them, saying, Be of good cheer; it is I; be not

afraid.” Jesus always comes to us in the storms of life. During those raging storms of life Jesus whispers in our ear, “Be of good cheer; it is I.”

We are often storm-tossed, perplexed, and in despair. The Savior may seem far away but then we discover that He was there all the time! When the night seems darkest the Lord is near at hand to help, save, and comfort us. We often push the panic button and forget about Him during the storm but then we hear His comforting voice “Be of good cheer; it is I; be not afraid.” Don’t be afraid!

“How can I fear?
Jesus is near.
He ever watches over me.
Worries all cease,
He gives me peace,
How can I fear with Jesus?”

God said to Moses in Exodus 33:14:

“My presence shall go with thee, and I will give thee rest.”

The text before us in Isaiah 41:10 speaks of the promise of God’s presence throughout our days upon earth. God’s abiding presence needs to be experienced during the trials of life.

In Isaiah 43:2-5 God we see the promise of His presence:

“When thou passest through the waters, I will be with thee; and through the rivers, they shall not overflow thee: when thou walkest through the fire, thou shalt not be burned; neither shall the flame kindle upon thee. For I am the Lord thy God, the Holy One of Israel, thy Saviour: I gave Egypt for thy ransom, Ethiopia and Seba for thee. Since thou wast precious in my sight, thou hast been honourable, and I have loved thee: therefore will I give men for thee, and people for thy life. Fear not: for I am with thee: I will bring thy seed from the east, and gather thee from the west.”

Water and fire are the traditional symbols for testing (Ps. 32:6; 42:7; 66:12; James 1:2). God said to His people on several occasions, “I will be with thee” as we pass through trials. In Hebrews 13:5 God states: “I will never leave, nor forsake thee” (Isa. 42:3).

Many years ago, I was studying with my fiancé in the college library. You may not believe it but I did get some study done. At one point I looked up and saw that she was crying. I immediately asked her what was wrong and she shared how wonderful a verse was to her, “I will never leave thee, nor forsake thee” (Heb. 13:5). It is wonderful. God’s presence is with us to help still our fears and keep us from being overcome by fear and anxiety.

“Fear thou not; for I am with thee” (Isaiah 41:10).

In essence, God would not abandon His ancient people. God would not give up on them. He promised to be their God and helper. Is this not what He promises to us today? Jesus said in Matthew 28:20, “and lo, I am with you always, even unto the end of the world. Amen.

It’s not if we pass through the deep waters of trial and the fire of testing and hardship, it’s when. There are none of us who are exempt from trial. We all have our appointed time even as the Bible character Job passed through trials.

1 Peter 4:12 reminds us:

“Beloved, think it not strange concerning the fiery trial which is to try you, as though some strange thing happened unto you.”

In various ways and in varying degrees, we all pass through tribulations. The fire will come. But like Daniel God allows us to pass through the fiery furnace without being overcome with fear. The Lord’s presence gives us courage as we pass through the fiery trials of life so we can remain unscathed from a spiritual perspective. In fact, trials can have a sanctifying effect and impact upon our lives. We can grow in grace (2 Pet. 3:18), sanctifying grace, as we pass through the furnace of affliction. Someone wrote these words.

“I’ve been through a fire,
That has deepened my desire
To know the living God more and more.
It hasn’t been much fun,
But the work that is has done
In my life has made it worth the hurt.”

This Bible verse gives us the unfailing promise of God's presence operating in lives which is the only true antidote that can cure plaguing fears and anxieties. Pills, pop-psychology, and programs will not cure fear. However, God's presence will rid our lives of the fears that are seeking to destroy our spiritual effectiveness for the Lord and our walk with God. Nothing can replace the presence of God in our lives. We need to get back to practicing the presence of God!

3. Embrace God's person ("I am thy God")

This is the second part of the treatment that will cure fear. The text of Isaiah 41:10 goes on to say that "I am thy God." This is God's cure for all anxiety and fear. God says that He is the cure! God is God and we can embrace Him as the only real and final solution to our fears. God is on our side! It's as if God is saying, "Remember who I am." This means we will reflect upon God's greatness, His power, who He is, what He has done, and what He can do for our lives today. God is saying, "Don't forget who I am. I am the omnipotent, omnipresent, omniscient, immutable, and eternal God who can do anything, and everything." I can meet your need! Don't be afraid!

"For with God nothing shall be impossible" (Luke 1:37).

Jesus said in John 14:1:

"Let not your heart be troubled: ye believe in God, believe also in me."

The word "troubled" speaks of being inwardly stirred and agitated. When we believe in God and remember who He is, it's then that our fears can be calmed and eventually dispelled. When we lift up His name in worship and wonder we will remember to reflect upon His greatness and glory. We will remember His power that can deliver us and free us from our fears. Reflecting upon God can calm the fears which have been running our lives. "I am God" (Isa. 41:10).

Revelation 1:17 records:

And when I saw him, I fell at his feet as dead. And he laid his right hand upon me, saying unto me, Fear not; I am the first and the last."

In other words, Jesus is saying, “Don’t fear, for I am the eternal God.” I am the great “I AM.” I have no beginning and no ending. I am everlasting. I am God. Yes, He is God! What more do you need? “Be still and know that I am God” (Ps. 46:10). This should settle everything! Just reflect upon God and remember who He is, and you will find deliverance from all your fears and anxieties? We used to sing this song in a music group. It went like this.

“Who made the mountains, who made the trees,
Who made the rivers flow to the sea,
And who sends the rain when the earth is dry,
Somebody bigger than you and I.

Who made the flower bloom in the spring,
Who made the song for the robin to sing,
And who hung the moon in the starry sky,
Somebody bigger than you and I.

He lights the way when the road is long,
And keeps you company.
With His love to guide you,
He walks beside you,
Just like He walks with me.

When I am weary, filled with despair,
Who gives me courage to go on from there,
And who gives me faith that will never die,
Somebody bigger than you and I.”

Isaiah’s encounter with God reminds each one of us how great God is and what He can do in and through our lives. When we understand who God is and reflect upon His greatness we will realize that there is nothing He cannot do. God is greater than our problems, trials, and fears. Certainly He can dispel the dark cloud hanging over our head and release us from the fears that are haunting our lives. This naturally leads to our next point.

4. Expect God’s power (“I will strengthen thee”)

Someone said:

“Don’t tell God what you can’t do; just find out what He can do!”

This is the third part of the treatment that will cure fear. The text of Isaiah 41:10 goes on to say that God will give us the spiritual strength that we need in the time of trouble and calamity. God's divine strength will enable us to pass through the fiery trials and deep waters without fear overcoming our hearts and lives. Dear friend, unlimited strength is at our disposal. The believer can serve valiantly, endure patiently, suffer triumphantly, and, if need be, die gloriously. How can this be? It's because God has promised to "strengthen" us in every trial that we face and relieve the fears of life, so they do not overcome us and destroy us. There is no limit to God's power.

The songwriter wrote:

"Fear not, I am with thee, O be not dismayed;
For I am thy God and will still give thee aid;
I'll strengthen thee, help thee,
and cause thee to stand,
Upheld by My gracious, omnipotent hand."

Psalm 46:1-2 declares:

"God is our refuge and strength, a very present help in trouble. Therefore will not we fear, though the earth be removed, and though the mountains be carried into the midst of the sea."

There you have it! If you want to be delivered from fear then experience God's shelter and strength in your life. This Psalm is for the "all shook up." Have you ever felt this way in life? When you are in life's pressure cooker God comes along and says, "I'll be your shelter and strength. I'll take away your fear." Do we really believe in God's power today? Do we really expect God to supply us with His endless supply of strength so we can be delivered from our fears?

Psalm 27:1

"The Lord is my light and my salvation; whom shall I fear? the Lord is the strength of my life; of whom shall I be afraid?"

How wonderful this is to realize and experience. We can be delivered from fear when we know that God is the strength of our life and experience His

strengthening hand. Can you honestly say that God is the strength of your life today? Many times we go through life and we deprive ourselves of God's strength and choose to live with fear instead of deliverance.

Alexander Maclaren wrote:

"Only he who can say, 'The Lord is the strength of my life,' can say, 'Of whom shall I be afraid?'"

We need to learn the secret of tapping into God's ever-present power which is available to us. When we forget God's promise we become afraid and troubled in life. We become discouraged, dismayed, and deprived of our riches in Christ.

Deuteronomy 33:27 says:

"The eternal God is thy refuge, and underneath are the everlasting arms ..."

"I feel the touch of hands so kind and gentle,
They're leading me in paths that I must trod;
I have no fear when Jesus walks beside me,
For I'm sheltered in the arms of God.

So let the storms rage high, the dark clouds rise,
They won't worry me
for I'm sheltered safe
within the arms of God;
He walks with me
And naught of earth can harm me,
Sheltered safe within the arms of God."

Psalm 61:2

"From the end of the earth will I cry
unto thee, when my heart is
overwhelmed: lead me to the rock
that is higher than I."

God is compared to a strengthening
rock for our lives. He sustains us by



His strengthening grace when life seems unbearable, when our heart is broken, and when fear begins to find a lodging place in our lives. Perhaps you need to go to the rock that the Psalmist was talking about and meet God. Maybe your problem is that you have not gone high enough ("the rock that is higher than I") to find the real answer and solution to living free from your fears. "I will strengthen thee" (Isa. 41:10).

"Far away the noise of strife
Upon my ear is falling,
Then I know the sins of earth
Beset on ev'ry hand;
Doubt and fear and things of earth
In vain to me are calling,
None of these shall move me from Beulah Land."

Ephesians 3:16 declares:

"That he would grant you, according to the riches of his glory, to be strengthened with might by his Spirit in the inner man."

5-year-old Johnny was in the kitchen as his mother made supper. She asked him to go into the pantry and get her a can of tomato soup, but he didn't want to go in alone. "It's dark in there and I'm scared." She asked again, and he persisted. Finally, she said, "It's OK--Jesus will be in there with you." Johnny walked hesitantly to the door and slowly opened it. He peeked inside, saw it was dark, and started to leave when all at once an idea came, and he said: "Jesus, if you're in there, would you hand me that can of tomato soup?"



"When I have problems that I can't bear,
That's when I find my Savior standing there.
Holding my hand so I won't fall,
He gives me the strength to stand up tall.

My God is able to meet your need,
He'll hear your prayer if you will just believe.

He'll take away all your doubts and fears;
He'll help you to see your pathway clear."

5. Enjoy God's promise ("I will help thee")

This is the fourth part of the treatment that will cure fear from this text in Isaiah 41:10. What a promise this is! The text goes on to say that God will help us in those times of distress and turmoil. God is never going to abandon us. Instead, He is going to help and assist our lives. God will enable us walk through the valleys and climb the insurmountable mountains that are before us. God assists us by providing us with the peace, joy, strength, and patience that we need. He truly is our help.

God repeats this promise in Isaiah 41:13:

"For I the Lord thy God will hold thy right hand, saying unto thee, Fear not; I will help thee."

God will help us in life and cure us of life-debilitating fears.

The promise is given again in Isaiah 41:14:

"Fear not, thou worm Jacob, and ye men of Israel; I will help thee, saith the Lord, and thy redeemer, the Holy One of Israel."



We don't have to be overcome with fear knowing that God will help sustain our lives during our trials. God has promised to never abandon us. God will help us through life's journey so that fear does not haunt our lives. God will be by our side when we pass through the storms of life. He will also keep us safe till the storm passes by.

"In the dark of the midnight have I oft hid my face
While the storm howls above me, and there's no hiding place
'Mid the crash of the thunder, Precious Lord, hear my cry
Keep me safe till the storm passes by.

Till the storm passes over, till the thunder sounds no more
Till the clouds roll forever from the sky
Hold me fast, let me stand in the hollow of Thy hand
Keep me safe till the storm passes by.”

Psalm 121:1-2

“I will lift up mine eyes unto the hills, from whence cometh my help. My help cometh from the Lord, which made heaven and earth.”

William MacDonald makes this helpful observation:

“The city of Jerusalem is situated on a mountain and is surrounded by mountains. So when a Jew in other parts of Israel needed divine help, he looked toward the hills. To him this was the same as looking to the Lord. Since the Creator’s dwelling was in the Jerusalem hills, there was a poetic sense in which all help came from the hills.”

Friend, if you are being overcome by fear then look unto the hills! Look up to God and know that the maker of the hills and the One who is higher than the hills can still your heart and calm your fears. Many people look to those things that are “below” (psychology, recovery memory therapy, self-esteem) for deliverance instead of looking “above” to the hills of God for strength, courage, and deliverance from fear. If you are plagued with fear, look to the hills!

Someone wrote:

“Fear doesn't want you to make the journey to the mountain. If he can rattle you enough, fear will persuade you to take your eyes off the peaks and settle for a dull existence in the flatlands.”

Have you really been trusting in God? Dear friend, once you have learned to put your trust in the great, almighty, and unchangeable God, you will no longer be afraid of the things that come against us. God will be greater than our obstacles and greater than any problem that we might face. Therefore, we can trust in God’s promise (“I will strengthen thee”) walk by faith instead of fear. We can put our faith in His provision for our lives instead of being overtaken by fear. It takes faith in God’s promise who said, “I will help thee,” to overcome fear.

Psalm 56:3

“What time I am afraid, I will trust in thee.”

There is simplicity to living the Christian life. We must remain simple in our faith. Fear cannot exist where there is faith.

Someone remarked:

“Fear knocked at the door. Faith answered. No one was there.”

Psalm 56:11 declares:

“In God have I put my trust: I will not be afraid what man can do unto me.”

D.L. Moody used to say:

“You can travel to Heaven first-class or second-class. First-class is, ‘In God have I put my trust: I will not be afraid.’ Second-class is, ‘What time I am afraid, I will trust in thee.’”

Yes, it’s a natural human reaction and response to possess fear. But we must immediately turn fear into faith. Faith in God’s promise, power, provision, and purpose will still and quiet our fears.

“I trust in God, wherever I may be,
Upon the land or on the rolling sea.
For come what may, from day to day,
My Heavenly Father watches over me.

I trust in God, I know He cares for me,
On mountain bleak or on the stormy sea.
Tho billows roll, He keeps my soul.
My Heavenly Father watches over me.”

Psalm 34:4

“I sought the Lord, and he heard me, and delivered me from all my fears.”

He’s only a prayer away! Being released from your fears is only a prayer a way!

“I thank the Lord for everything,
I count my blessings each day.
He came to me when I needed Him,
I only had to pray.
And He'll come to you if you ask Him to,
He's only a prayer away!”

Dear friend, it's time to pray so you can be released from your fears. You may possess some common fears related to old age and ask yourself, “What is going to happen when I can't take care of myself? How am I going to survive? Where am I going to go? I don't have enough money to take care of myself. It's time to pray and turn your fears over to the Lord. We may have fears related to some illness or sickness. We may be overtaken with fear not knowing what effect a certain physical illness may have upon our lives. We may fear the debilitating effects of a disease or sickness. We may fear the thought of death and dying. The fear of death, illness, change, rejection, failure, and old age are common fears that can plague our lives.

It's time to pray and be released from these fears. Fear wrecks and ruins everything. Fear consumes and controls us. For this reason, we need to apply God's timeless promise of Isaiah 41:10 to our lives. Jesus said to His disciples, “Fear not, little flock ...” (Luke 12:32). He told Abraham, “Fear not, Abram” (Gen. 15:1). He told Daniel, “Fear not, Daniel” (Daniel 12:32). He told Joshua, “Fear not” (Joshua 8:1). God is saying the same thing to us today. Don't be afraid.

6. Edification through God's perseverance (“I will uphold thee”)

This is the fifth and final part of the treatment that will cure fear. The text of Isaiah 41:10 finally states that God “will uphold thee” with what He calls the “right hand of my righteousness.” This is talking about God persevering in and through the lives of His saints, building them up by providing them with the spiritual strength and stamina they need to pass through their trials. Since God is righteous in all His dealings with His people, He will always do what is right with His saints, which in this case includes providing them with His daily provision of strength. Our God is a righteous God who will hold up His children and see them through their time of suffering and hardship.

2 Peter 2:9 says, "The Lord knoweth how to deliver the godly out of temptations ..." The point is that God perseveres in our hearts and lives through the trials of life ("I will uphold thee") so we can maintain our spiritual sanity, so we do not become smitten with debilitating fear and dismay. Here is the great blessing is this. Let's not miss this blessed noontime truth. God perseveres through us ("I will uphold thee"). In other words, God will keep us from falling.

Jude 1:24

"Now unto him that is able to keep you from falling, and to present you faultless before the presence of his glory with exceeding joy."

The only way we can stay spiritually healthy is to allow God to uphold us and keep our lives from being overcome with crippling fear and anxiety. We can't live the Christian life or experience freedom from fear without God persevering in and through our lives ("I will uphold thee").

It's God's hold on us that keeps us spiritually healthy and stable in life. His personal presence and power will drive away the fears, enable us to live on a higher plane, give us something worth living for, and make our life count for God.

In the present dispensation in which we live today, God promises to manifest His presence and power to His children in a unique fashion.

Philippians 2:13

"For it is God which worketh in you both to will and to do of his good pleasure."

Today God works on the inside of His children. Christianity is an inside outside job. God is working! God is working on the inside of us! It's God persevering through us that gives us a new determination and power to live without fear and to be overwhelmed with life in general.

Philippians 1:6 gives this wonderful promise:

"Being confident of this very thing, that he which hath begun a good work in you will perform it until the day of Jesus Christ."

Augustus M. Toplady wrote:

“The work which His goodness began,
The arm of His strength will complete;
His promise is Yea and Amen,
And never was forfeited yet.”

God promises that He will continue to persevere and work in our lives until His Son returns for us in the Rapture. This is called progressive sanctification. The good work of salvation from sin’s penalty (our past salvation experience) was only the beginning of our salvation. The Bible also teaches that God continues to operate in our lives on a daily basis delivering and saving our lives from sin as he renews us with His transforming grace (our present salvation experience).

Someone remarked:

“Security is our nearness to God, not our distance from danger.”

There will always be dangers, but our security comes from God’s persevering power and strength working within us. “I will uphold thee.” I will carry you! The well-known poem applies to God’s upholding power in our lives. It is called “Footprints in the Sand” and reminds us that God must carry us through life when we face difficult trials.

One night I dreamed a dream.
As I was walking along the beach with my Lord.
Across the dark sky flashed scenes from my life.
For each scene, I noticed two sets of footprints in the sand,
One belonging to me and one to my Lord.

After the last scene of my life flashed before me,
I looked back at the footprints in the sand.
I noticed that at many times along the path of my life,
Especially at the very lowest and saddest times,
There was only one set of footprints.

This really troubled me, so I asked the Lord about it.

"Lord, you said once I decided to follow you,
You'd walk with me all the way.

But I noticed that during the saddest
And most troublesome times of my life,
There was only one set of footprints.
I don't understand why, when I needed You the most,
You would leave me."

He whispered, "My precious child, I love you and will never leave you
Never, ever, during your trials and testings.
When you saw only one set of footprints,
It was then that I carried you."



"I will uphold thee." Sometimes we sense that God must carry us to help us get through life and keep us from being overcome with fear and dismay.

2 Timothy 1:7 says:

"For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind."

We can be sure of one thing. It's not God that has placed fear in our hearts ("For God hath not given us the spirit of fear" – 2 Tim. 1:7). It's not God's plan and purpose for us to fear. God gives to us the power to overcome fear, a love that overrides fear (love for God and others), and a mind free from worries and anxiety that replaces the mental confusion related to fear.

Warren Wiersbe once said:

“We crucify ourselves between two thieves: regret for yesterday and fear of tomorrow.”

God’s children can be spiritually defeated by fears. Fear robs us of joy, peace, contentment, and the true blessing we can have in the Christian life. Fear and dismay can dominate or control our lives. However, we have seen from this study that God can deliver every Christian from the fears that are haunting and destroying their spiritual lives. God’s children do not have to live with plaguing fears that defeat them spiritually. The treatment or cure for fear is not complicated. And better yet, it’s free!

Isaiah 41:10

“Fear thou not (escape from fear); for I am with thee (experience God’s presence): be not dismayed; for I am thy God (embrace God’s person): I will strengthen thee (expect God’s power); yea, I will help thee (enjoy God’s promise); yea, I will uphold thee with the right hand of my righteousness” (edification through God’s perseverance).

The message of this Bible verse is clear. Don’t be afraid!

“There’s within my heart a melody
Jesus whispers sweet and low,
Fear not, I am with thee, peace, be still,
In all of life’s ebb and flow.”