

# FAMILY PRAYER GUIDE #7

## **Fear Not: Isaiah 41:10**

Fear not, for I am with you; be not dismayed for I am your God; I will strengthen you, I will help you, I will uphold you with My righteous right hand.

### **Hello God**

What does it mean for you to know that God is holding you in His righteous right hand?

Take a moment and thank God that He is holding onto you.

### **Getting Started, Being Honest**

Think back over yesterday or last week, can you think of any moments you need to ask forgiveness for?

### **Praise and Thanks**

What things in life make you afraid? Work issues, failing health, family problems; maybe there are several other things which come to your mind. Take a moment to reflect upon God's words to "Fear not."

Now, thank Him for His strength in helping us overcome our fears and His promise to always be with us.

### **Focusing Your Mind, Heart, and Spirit**

Here are a few more Bible verses encouraging us not to fear.

#### **2 Timothy 1:7**

For God gave us a spirit not of fear but of power, love, and self-control.

#### **Psalms 34:4**

I sought the Lord, and He answered me and delivered me from all my fears.

Fear always robs us of peace and drives a wedge in the relationship between us and others. Fear even draws us away from God's presence.

God knows living in fear is bad for us, so He calls us to live in faith focusing on Him.

Make a list of all the things you are fearful of, and one by one, take them to God, asking Him to remove your fears and grow your faith.





## Pray God Size Prayers

It may seem like your fear can never be removed, but it can. Ask God to make the truth of His Word come alive in your heart, replacing your fear.

If you know someone who is struggling with fear, ask God to move in their life in such a powerful way that His presence will drive their fear away.

## Your Requests

As you think about God's presence and in your life, what other prayer requests come to your mind, for you and others.

Pray for those right now.

## Praying for Others

Begin to focus on others. Who needs you to pray for them right now? As the Holy Spirit brings people to your mind, pray for them by name.

## Closing Thoughts

Many years ago, I taught my children to sing a song when they were afraid. It was entitled "God Is Bigger than the Boogie Man." It was a simple and fun song, but it drove home the point that God is bigger than any of our fears.

Stop fearing, start believing, and hold on to the thought that God is bigger than anything which frightens you.

