

## Unafraid

*"The fear of the LORD is the beginning of wisdom..." (Proverbs 9:10a, NIV)*

By the time you're reading this week's devotion, our family should be well into Minnesota as we travel west for our vacation. Much of where we are going is unfamiliar territory for us, which should make this a fun adventure. We look forward to a great time away, with the hope of being refreshed and renewed as we return in time for a new school year to begin.

As I share with you this week, I want to invite you to take a few minutes to pause and review what we've been talking about during the most recent sermon series on the fears we face. Too often, we are guilty of taking in information and then moving on to the next thing without really processing what we heard. This topic of fear plays such an important part in our lives, that I think we'd be making a big mistake by not taking a closer look at applying what we've learned to our lives.

We've examined external societal fears such as crime, race, terrorism, and politics. We've looked at our own internal fears of failure, disappointing others, insignificance, and loneliness. We've thought about fears of apocalypse, change, missing out, and finances. And finally, we considered fears of aging, illness, dying, and the fear of the Lord.

Think about how you could take something you heard about any one of those topics mentioned above and apply it in your own life. How is it that you can live life "unafraid" with courage and hope in uncertain times? It doesn't mean that we live without fear; rather, it means living without being controlled by fear.

Oh, and don't forget to use the acronym we learned for FEAR:

Face your Fears with Faith

Examine Your Assumptions in Light of the Facts

Attack your Anxieties with Action

Release your Fears to God

*Prayer: God who calms the troubled waters, we bless you for your presence in the midst of our fears and trials. We release to you the things we hold too tightly, and we trust your words of peace. May our souls and bodies be secure in you. Amen.*

Grace and Peace,

*Pastor David Rittgers*