Gripping Fear (and the Corona Virus)

**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. Isaiah 41:10**

Fear is a very real thing.

David Powlison said years ago at a conference that ***fear is a prediction of the future that doesn’t take into account the \_\_\_\_\_\_\_\_\_\_ of a \_\_\_\_ God***.

1. **\_\_\_\_\_the admonition of the Bible**.

* For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline. 2 Timothy 1:7
* Peace is what I leave with you; it is My own peace that I give you. I do not give it as the world does. Do not be worried and upset; do not be afraid. John 14:27
* Even though I walk through the valley of the shadow of death, I will fear no evil, for You are with me; Your rod and your staff, they comfort me. Psalm 23:4
* Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7
* Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; He will never leave you nor forsake you. Deuteronomy 31:6
* Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting. Psalm 139:23
* Cast all your anxiety on Him because He cares for you. 1 Peter 5:7

1. **Recognize that you are not in \_\_\_\_\_\_\_\_.**
2. **Remember that you are not \_\_\_\_\_**
3. **Contemplate \_\_\_\_\_\_\_\_\_**.
4. **Consider how you can help others in the midst of \_\_\_\_\_\_ fear**.
5. **Ask yourself how Christians who have walked \_\_\_\_\_\_\_ you have encountered similar fears**.

* In 1918, minister Frances Grimke reflects on the eternal lessons prompted by the deadly Spanish Flu that infected 27% of the globe.
* Charles H. Spurgeon ministered through the 1854 and 1866 cholera epidemics in London

***“Let us suppose the thing we are most afraid of actually to happen. Can it come a moment sooner, or in any other way, than by His appointment? Is He not gracious, and faithful, to support us under the stroke? Is He not rich enough to give us something better than ever He will take away? Is not the light of His countenance better than life and all its most valued enjoyments?”*** Letters of John Newton, page 127-128