

Tuesday 1st September 2020

1 Chronicles 28:20

“David also said to Solomon his son, be courageous and do the work. Do not be afraid or discouraged, for the Lord God, my God, is with you. He will not fail you or forsake you until all the work for the service of the temple of the Lord is finished.”

Psalm 27:1

*“The Lord is my light and my salvation-
Whom shall I fear?
The Lord is the strong hold of my life-
Of whom shall I be afraid?”*

Proverbs 29:25

*“Fear of man will prove to be a snare,
But whoever trusts in the Lord is kept safe.”*

Fear haunts us all our life. We fear our parents' wrath. We fear the bully in the playground. We are fearful of failing exams. We fret about our health and we can be terrified of dying. The Bible has many references to fear and how to deal with it. King David in 1 Chronicles 28:20 gives advice to his son, Solomon who is afraid of the responsibility of building the temple. He urges him to be strong and immerse himself in the work *‘...for the Lord God, my God, is with you.’*

There is a message here for us as we worry and despair about riots, poverty, hurricanes, rampant viruses and whether our children or grandchildren are safe at school. Rather than curl up in a quivering heap we should heed the Psalmist 27:1 *‘The Lord is the stronghold of my life – of whom shall I be afraid?’*

Faced with problems in our daily lives we should ask God for his help to calmly assess what is making us fearful. It is surprising how often answers are forthcoming. *‘I will lift up mine eyes unto the hills from whence cometh my help.’* Psalm 121:1 King James Version.