

*Overcoming*

F E A R

12- Day  
Devotional

*HelpClubforMoms.Com*

# Overcoming Fear

## Two Week Bible Study Devotional Plan

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# Overcoming Fear Mom Tips Week One

## The Wise Woman Builds Her Spirit:

Record a few Bible verses on your phone about overcoming fear or write them on your bathroom mirror with a dry erase marker. Remember, God's Word has power! The following are a few examples.

- Exodus 14:14-- "The LORD will fight for you; you need only to be still."
- Romans 8:15-- "The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, "Abba, Father."
- 1 John 4:8-- "There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love."
- 2 Timothy 1:7-- "For God has not given us a spirit of fear, but of power and of love and of a sound mind."
- Write Psalm 23 in your journal. Challenge yourself to memorize Psalm 23:4, or better yet, memorize the entire chapter!
- Psalm 23:4-- "Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me."

## The Wise Woman Loves Her Husband:

Listen to your husband this week. Really listen. Don't try to give answers or fix the issues that he is dealing with in his life right now. Validate his concerns by listening, and then take them to the Lord in prayer together.

## The Wise Woman Loves Her Children:

Encourage your children every day this week to have positive self-talk. Every time you hear them say "I can't" or "I am not good enough," stop and tell them, "I can do all things through Him who gives me strength" (Philippians 4:13). Remind them they are children of God who are fearfully and wonderfully made. Encourage them to memorize Philippians 4:13.

## The Wise Woman Cares for Her Home:

Write the following quote on a notecard: "As a mother, my job is to take care of the possible and trust God with the impossible." by Ruth Bell Graham. Place the notecard somewhere important. Let the words remind you that with God, hard tasks are possible. Bring your worries and put them at His feet. Trusting God is one of the best gifts you can give your family.

“For God has not given us a spirit of fear, but of power and of love and of a sound mind.”  
2 Timothy 1:7 (NKJV)

*By Linda Steppenbacker and the Help Club for Moms*

## **Day 1: Let's Talk About Fear**

Read the following Scriptures. Ask God to speak to you as you read.

John 16:33-- "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."

Hebrews 4:11-- "Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience."

Hey Friend, I want to talk to you about something that is shouting in our faces all day long, especially during the Coronavirus season, making itself known in the most obvious way.

### **This thing is fear.**

I don't know if you've given much thought to fear -- to exactly what it is and what it means for your life, how you are responding to it, or to how God wants you to respond to it. Today, we're going to begin diving into this topic, and I'm going to share some truths from God's Word that I have lived out in my life in a very real way this last year.

First, I want to provide a little bit of backstory to you.

A little over a year ago in March, my husband went in for what we thought was a routine MRI. He had developed migraines about a year prior and had finally gone to see a neurologist. As a standard precaution, the neurologist recommended an MRI. He really didn't think much of it and even made the remark that we would probably be wasting money on that scan. We weren't concerned, and we certainly had no idea what was in store for us that Monday morning we met with the neurologist. That was the morning that my husband was diagnosed with a brain tumor on his brainstem.

Now, if you don't know anything about brain anatomy (which I did not), you may have no idea of the seriousness of this discovery. The brainstem is the most sensitive part of the brain. It controls all major functions of your body, and it is the most difficult part of the brain to get to, as it is located deep within the brain. It is, in the words of one of our surgeons, the most valuable real estate in the brain. It had been invaded by a tumor -- and a sizable one at that. And just like that, my world came crashing down.

In this past year, I have walked through the valley of the shadow of death, and truth be told, I'm still in it. But you know what? I am still upright, I am still walking, and I do not fear because He is with me. But I truly have to work at it, laboring to enter that rest (Hebrews 4:11). And in that hard place, I have learned so many invaluable lessons that I would not have learned any other way. You see, just as He says about Himself in His Word, God truly is good, and He is good *all the*

*time.* We're going to delve deeper into the study of fear and how to overcome it in the following days.

*Prayer for Today: Father, I pray that today, you would open the eyes of our hearts. Make us sensitive to Your Holy Spirit as He speaks truth to us in the following days about fear, about You, and about trusting You. Thank You that You are always with us and thank You for Your Truth that lights our way. Amen!*

## **Day 2: Who Are We?**

Read the following Scriptures. Ask the Lord to speak to you as you read.

Romans 8:12-15-- "So then, brethren, we are under obligation, not to the flesh, to live according to the flesh— for if you are living according to the flesh, you must die; but if by the Spirit you are putting to death the deeds of the body, you will live. For all who are being led by the Spirit of God, these are sons of God. For you have not received a spirit of slavery leading to fear again, but you have received a spirit of adoption as sons by which we cry out, "Abba! Father!"

Galatians 5:1-- "It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery."

During that season when we discovered the tumor, went through an initial emergency surgery, attended numerous serious doctor visits, and received constant bad news, I cried more than I ever have in my entire life. I couldn't eat, I lost 10 pounds in a month, and I was so completely consumed by what we were facing that my parents and in-laws had to help me with my three young kids constantly because I didn't have the capacity to care for them.

I know so well the power of fear. It affects us physically, mentally, and spiritually -- in every possible way.

But here's the thing that I have learned about who we are, and what is spoken over and over in God's Word: we are dearly beloved children of God -- conquerors and royalty! And we have power over fear! For "those who are led by the Spirit of God are sons (*and daughters!*) of God. For you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of sonship" (Romans 8:14-15a, *italics mine*); and "it is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery" (Galatians 5:1).

If Christ has set us free, who are we to put ourselves back under the influence (*slavery*) of darkness? Fear makes us slaves! Oh, and sister, that is most definitely not who we are!

We are not slaves to anything except righteousness (Romans 6:18). We are daughters of the Most High God (Romans 8:14)! We are seated in heavenly places with Christ (Ephesians 2:6)! "The Spirit of Him who raised Jesus from the dead dwells" in us (Romans 8:11) and makes us more than conquerors (Romans 8:37)! And I could go on and on. Our identities in Christ are beyond amazing and provide so much for us. We truly are new creations (2 Corinthians 5:17), and we have been provided with everything that we need for a godly life (2 Peter 1:3)! Let us walk in that identity and let it give us the utmost confidence! For "if God is for us, who can be against us?" (Romans 8:31b).

Be encouraged. In light of who we are in Christ and armed with a good knowledge of exactly what we're up against, **we can conquer fear**. We have been given this confidence because of Jesus. Because of His sacrifice and our participation in His nature, "we have the mind of Christ" (1 Corinthians 2:16b)! Let that sink in for a bit. Is there fear in the mind of Christ? Surely not! Moreover, "God is love. Whoever lives in love lives in God, and God in him (*her*). In this way, love is made complete among us so that we will have confidence on the day of judgment, because in this world we are like him. There is no fear in love. But perfect love drives out fear" (1 John 4:16b-18b, *italics mine*). You see, in this world, we are like Him. And He is love. Perfect love drives out fear. So, the fear has to go!

*Prayer for Today: Father, thank You for Your Word that shows us who we are in You. Thank You, Jesus, for Your sacrifice that provided us with this identity and all that comes with it. And thank You, for Your perfect love that casts out ALL of our fear. Amen!*

### **Day 3: What is Fear?**

Read 2 Timothy 1:7 (NKJV)-- "For God has not given us a spirit of fear, but of power and of love and of a sound mind."

Now that we know who we are in Christ, let me share a little bit about the nature of fear. There are two parts to fear: what it is, and our responsibility because of it. First, let's look a little more into exactly what this enemy is. 2 Timothy 1:7 (NKJV) tells us that "God has not given us a spirit of fear, but of power and of love and of a sound mind." Did you catch that? ***Fear is a spirit.***

When you give in to this spirit of fear, you fall into sin.

I'm sure you've heard it said that the command most often spoken in Scripture is some form of "fear not" or "do not be afraid." In fact, it's commanded 365 times in the Bible. Is it a coincidence? I think not. God knew what we humans would be up against and what would trouble us most. And that thing is 'fear'.

In addition to this, I want to present to you something that you may not have considered before:

Have you thought about the fact that when God places a "do not" before an action, that action is a sin? I asked my daughter about this the other day. I said, "When God says, 'do not' before a verb, what does that make you think?" She said, "Well, you'd better not do it!" Think about the Ten Commandments, most of which begin with "You shall not." We all take those very seriously. If that is the case, then why do we not take as seriously the command that appears the most times in the Bible? "Do not fear" is not advice; it's a command. So now that we see that fear is not an option, how do we deal with it in the right way?

*Dear Father, Thank You for revealing exactly what fear is and how the enemy uses it against us. Thank You that we have not been given a spirit of fear, but of power and of love and of a sound mind. Amen!*

## Day 4: How We Conquer Fear

Read Romans 8:37-- "No, in all these things we are more than conquerors through him who loved us."

First of all, take a moment to pinpoint all the places that you have given in to fear. Fear comes in a lot of forms, and not all of them are as obvious as the ones that may first come to mind in our current environment. When I looked into this in my own life, I discovered that not only did I have the obvious fear about my husband's diagnosis, but I had lived so long with some more subtle fears in my life, that I hadn't realized they were there and had accepted them as a part of me. You may have some of these fears as well! Can you identify with any of the following?

Perhaps you have a fear of the future. You may constantly live in this state of fear, especially now with the pandemic. Even when things are going well, somewhere in the back of your mind, you may be wondering how you will handle whatever potential disaster comes your way.

Maybe it's a different kind of fear, such as the fear of rejection or fear of what people think of you. This is called the fear of man (Proverbs 29:25). You have a hard time putting yourself out there to make friends or you struggle with totally being yourself and vulnerable to others for this reason.

You might be afraid of you or your husband losing a job, especially now.

Or you worry at night about your child's faith and don't know how to handle his or her doubts about God.

Do you have a fear of public speaking? I certainly did!

You might struggle with a different fear not named here. There are many! Take some time to identify your fears; you might be surprised at some of them!

*Prayer for Today: Lord, thank You that we are more than conquerors through You. Thank You for Your divine wisdom and insight into our fears. Help us to identify the fears that are holding us back from the complete freedom and abundant life You have for us. Amen.*

## Day 5: Fear, Be Gone!

Read 2 Corinthians 10:3-5-- "For though we walk in the flesh, we do not war according to the flesh, for the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses. *We are* destroying speculations and every lofty thing raised up against the knowledge of God, and *we are* taking every thought captive to the obedience of Christ..."

Remember that list of fears from yesterday? Now we are going to go through each one of those fears and repent of them. As you pray, specifically name each fear, repent of it, and renounce it in your life. Ask God for forgiveness and for help to turn away from that fear. Pray for Him to change your thoughts to align with Scripture.

Ask God to give you faith-filled Bible verses that will change your mind the next time you are tempted to fear. Then walk in the freedom of God's truth instead of the chains of fear. Trust that

Jesus covered your sin and paid for your freedom and abundant life (John 10:10 NKJV). Take note of how free you feel and of the peace that has settled over you!

Lastly, remember that this is a continual work. In my own life, I can tell you that I am constantly being faced with different fears. I don't know exactly what is going to happen in my family's situation right now. In fact, what I see is far from ideal. Fear comes against me all the time, and I have to combat it every day. And it is hard! It takes work!

So how do we handle the fear that keeps coming at us? As always, ask for God's help first, "casting all your cares on him, for he cares for you" (1 Peter 5:7). Next, "take captive every thought to make it obedient to Christ" (2 Corinthians 10:5b). Grab those fear-based thoughts, toss them out, and replace them with God's truth. Memorize verses that deal with fear, freedom, and your identity in Christ.

Tomorrow's devotion includes a list of some powerful verses that you can use to combat fear. God's Word is so powerful. It is alive and active, like a double-edged sword (Hebrews 4:12). Use that sword!

And finally, most importantly, remember *who* you are and *WHOSE* you are. Our victory is assured! In fact, it's already been won!

*Prayer for Today: Father, thank You that, by faith, we are victorious in You. Thank You for Your Word that shows us how we can conquer fear. Right now, we take the opportunity to repent of any fear that we have allowed into our hearts, minds, and lives. Please forgive us for letting fear in and help us to live our lives in the freedom and abundance that Jesus died to provide for us. We thank You that You have given us all that we need for life and godliness. You truly are a good Father! Amen!*

## **Day 6: Fight with Your Double-Edged Sword**

Read the following Scriptures. Ask the Lord to speak to you as you read.

2 Timothy 3:16-17-- "All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness; so that the man of God may be adequate, equipped for every good work."

Hebrews 4:12-- "For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart."

When fear whispers in your ear and its icy fingers try to grip your heart, fight it with Scripture!

As Paul reminds us in 2 Timothy 3:16-17, "All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness, in order that the person of God may be competent, equipped for every good work."

And God Himself says about His Word in Isaiah 55:11b, "It will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it." God's Word is powerful!

The Help Club for Moms made a beautiful printable with powerful Bible verses called “Scriptures to Combat Fear” to help you walk by faith through this tough season. Print it out and hang it where you will see it often- on your bathroom mirror or on your fridge. Find some more of your own, and write them somewhere that you can see them on a daily basis. God’s Words are life! Speak them over your life, and also directly to the fear that comes against you. Speak LIFE!

*Prayer for Today: Father, thank You for Your words of life to us. Help us to use them in a way in which they become a part of our identity and so we can use them to overcome. Thank you for Your great love for us, Your provision for us, and Your victory for us. We love You. Amen!*

# Scriptures to Combat Fear

*2 Timothy 1:7*

For God has not given us a spirit of fear, but of power and of love and of a sound mind.

*1 John 4:18*

There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.

*Joshua 1:9*

Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go.

*Romans 8:31*

What then, shall we say in response to this? If God is for us, who can be against us?

*Galatians 5:1*

It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.

*Romans 8:37*

No, in all these things we are more than conquerors through him who loved us.

*Psalms 23:4*

Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

*John 10:10*

The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.

## **Overcoming Fear Mom Tips Week Two**

### **The Wise Woman Builds Her Spirit:**

Think of 3 things that you are thankful for. Determine each day that you are going to be joyful and content. Remind yourself that you are strong! Ask God to help you to “be strong in the Lord and in His mighty power” (Ephesians 6:10).

Pray for God to build up in you a spirit of faith. Pray that He will teach you to trust Him more. Ask Him to strip away any worry, anxiety or fear from your life and replace it with a supernatural spirit of faith.

### **The Wise Woman Loves Her Husband:**

Make an extra effort during this time at home due to the Coronavirus to grow your friendship with your husband. Try to spend time with your husband reading God’s Word, going on prayer walks in your neighborhood or simply sharing coffee or a treat together.

- Encourage your husband to reach out to his God-loving friends and family members via Skype, Zoom, email, or any number of methods. A word of encouragement is needed right now! If he lacks this type of friend or godly influence, pray that God will bring strong Christian men to walk with him in this life.

### **The Wise Woman Loves Her Children:**

Pray for your children’s friends this week. It is hard for little hearts to express the longing of friends through this difficult time of social distancing. Coordinate a phone call or video call so they can see their friends they haven’t seen in a while. Encourage pen pals and writing old fashioned letters. It will brighten their day to receive something in the mail.

Plan a hands-on activity with your kids this week. Choose something that you might normally shy away from like glitter, paint, playdough, or shaving cream. Spend time making memories by making a mess, then clean up together.

### **The Wise Woman Cares for Her Home:**

Put away all your winter clothing and accessories. Clean all the items and organize them by size. Put items aside that you want to donate and items you want to give away or resell.

- Participate in a community outreach by placing a stuffed animal in your front window. Read the book, “Going on a Bear Hunt”, with your children and then take a neighborhood adventure walk or drive and search for bears in the neighborhood.

## Day 7: Let's Talk About Trust

Read Philippians 4:6-7-- "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 minds in Christ Jesus."

So now that we know what NOT to do (Do not fear!), what WILL we do?

What are we called to do, as children of God? You see, we are not only called OUT of the ways that our old (unredeemed) man or woman would have done things (and how the world around us does things); but we are called UP to a new level of living in our identity as sons and daughters of the Most High God. Because of who we are and WHOSE we are, we live on a higher level than those around us.

In fact, because we are in Christ, we were raised to life with Him and are actually seated with Him in the heavenly realms (Ephesians 2:6). So, think of yourself as far above your current circumstances. Think with an eternal perspective, and be in peace, for He has already defeated sin, sickness, and death. Not only are we in Christ, but He is in us. And with Christ in us, we have His mind (1 Corinthians 2:16), and that is what we are going to use to respond to our circumstances.

I want to emphasize that we actively CHOOSE our responses, every moment, every day. Sometimes, our emotions haven't quite caught up to our beliefs, so *we have to choose to believe*, even when it's hard to do so. Remember that! Be ever vigilant: "Be alert and of sober mind. Your enemy prowls around like a roaring lion looking for someone to devour" (1 Peter 5:8).

So how do we trust God in a practical, everyday kind of way? What do we do when fearful thoughts come against us?

I fight these thoughts on a daily basis with God's help. I can't do it on my own - trust me, I've tried! Most importantly, go to your Heavenly Father first. Philippians 4:6-7 says, "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 minds in Christ Jesus." When we feel the fear, stress, or anxiety rise up in us, we are to come to God in prayer. He is faithful to answer us, and when He does, His peace -- the kind that doesn't make sense to the world -- is released to us. And this peace will guard your hearts and minds. Isn't that an amazing promise? That's exactly how it works! Tomorrow, we will explore some practical strategies that will help you to reap the benefits of God's generous promise to us.

*Prayer for Today: Dear Heavenly Father, thank You for Your very great and precious promises to us. Thank You that You desire that we live in Your perfect peace and that You have provided ways for us to do so. Help us to live in that place in You. Amen!*

## Day 8: Practical Steps to Trust

Read 1 Thessalonians 5:16-18-- "Rejoice always; pray without ceasing; in everything give thanks; for this is God's will for you in Christ Jesus."

Yesterday, we talked about God's promise of "peace that passes all understanding." What a beautiful promise! But how do we get there? Here are some of the practical, everyday steps that I use to trust in God and to reach that place:

- **Journal your prayers.** I most frequently utilize this when I am feeling heavily burdened or emotional. This is the best way for me to get those emotions out and then to consciously turn them over to God. If you're feeling down and finding it hard to pray, start journaling your prayer. If you find yourself complaining initially, that is okay, as He knows it all anyway! *But make sure you don't stay there!* Turn the prayer towards Him. Ask Him for His help in dealing with the negative emotions that you are experiencing. Ask Him to help you trust Him. God loves to hear from you and wants to help you to become more like Him!
- **Sit with God and listen to Him.** This one can be used in conjunction with the above. God's words are life-giving. There is nothing like hearing from Him for yourself! When He speaks, it changes everything. Sit quietly with Him and ask Him your questions. Perhaps you want to know what He has for you today, what He is doing in you and your situation, or how He wants you to pray specifically. Now listen for His response. You may hear His Spirit speak to your heart. He may even give you a vision. Whatever you receive, write it down! You don't want to miss a bit of anything that He gives you. If you don't hear from Him immediately, be on the lookout! God is faithful, and He loves you so much. He will answer you, and He speaks in so many different ways. God can speak to you through the Bible, other people, circumstances, nature, your dreams at night, and countless other ways. One thing to keep in mind when listening for God's voice is that He never contradicts His character, or His Word found in the Scripture.
- **Pray continually** (1 Thessalonians 5:17). We are in Christ, and He is in us, and as such, He should be so interwoven into the fabric of our lives that we are inseparable. So, throughout the day, come to Him and talk with Him. Maybe you just have the time to throw a quick prayer up to Him -- maybe it's just a "Help me, Jesus!" prayer. Talk to Him anytime fear arises or feelings of disappointment, frustration, hopelessness, or stress come up.
- **Thank Him, praise Him, and worship Him.** Give thanks to God for who He is, what He's done for you, and all the blessings He has given to you. Worship is one of the most powerful, atmosphere-shifting tools that we have as the children of God. It is a weapon of our warfare! We are told to "rejoice always, pray continually, and give thanks in all circumstances" (1 Thessalonians 5:16-17). Know this: Worship is not just for God's benefit, but also for ours!
- **Choose LIFE!** In Deuteronomy 30:15, Moses gives the Israelites a choice: "You can choose life and success, or death and disaster." How do we choose life? You choose life by deciding who you listen to -- who you believe and obey. And Proverbs 4:23 sheds some light on this principle as well, "Above all else, guard your heart, for it is the wellspring of life."

Be careful what and who you listen to. Remember, the world and those in it walk in darkness. We walk in the light! Surround yourself with people who will minister to you and speak God's truth into your life, whether this is through the Bible, personal

relationships, books, podcasts, sermons, music, or whatever form it may take. Seek out what God has to say about Himself, about who you are, and about who He is for you. Marinate yourself in it!

*Prayer for Today: Father, thank You for Your faithfulness to us. Thank You that You love to hear from us and that You love to speak to us. Thank You that You want to help us to overcome, You want us to know You more and more, and You want to make us more like You. You truly are a good Father, and we praise You for it. Amen!*

## **Day 9: My Story Continues**

Read: Jeremiah 17:7-8 -- But blessed is the man who trusts in the Lord, whose confidence is in him. He will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit.

Now that we know a little more about trust, let me set the scene in our story for you. Last year in March, after the tumor was discovered, things went downhill quickly. My husband was suffering from hydrocephaly, which is swelling of the brain due to a build-up of spinal fluid within it. The tumor had grown right next to the brain stem and completely blocked off the aqueduct, which is the canal through which the spinal fluid flows out of the brain and down into the spinal cord. Because of this, the ventricles (empty cavities in your brain that contain the spinal fluid and through which it circulates) were becoming enlarged, causing all sorts of problems. This was a dangerous situation, and he was immediately scheduled for emergency surgery to relieve this pressure. All of a sudden, he had trouble thinking well, he was losing his balance and even passed out and fell, his headaches had intensified, and he was no longer allowed to work or drive. Within a week, my husband was in surgery. They did a third ventriculostomy on him, which basically meant they made a hole in the membrane to another ventricle so that the spinal fluid could circulate and reabsorb through another path, relieving the pressure in his brain. This was successful, but they could not get to the tumor itself. They couldn't even catch a glimpse of it, it was so deep inside of his brain.

Over the next month, the news continued to worsen, as the doctors conferred with other experts and made their guesses as to the type of tumor this was and what to do about it. We had a scan scheduled - exactly one month after the initial discovery of the tumor, on April 4th. One day prior to that, April 3rd, we went in for a consultation with the brain surgeon. This was the most terrifying meeting I had ever had in my life. Terrible, aggressive types of brain tumors and limited life expectancies were discussed. High-risk surgery was discussed, along with its resulting nearly certain permanent side effects. We were told that after the next day's MRI, my husband would be in surgery within 2-3 weeks -- a very dangerous surgery, with no promising outcomes and a spate of probable, quite severely disabling side effects. I admit that fear got the best of me that day. I was shaking like a leaf. Everything depended on the next day's scan. These were incredibly high stakes! The next day, we sat down with our doctor to look over the results after the scan. Improbably, miraculously, without human explanation, the tumor had shrunk from every direction -- not completely, but just enough to be undeniable. This changed everything. The doctors agreed to just watch the tumor with frequent scans. Within a day, we went from the worst news to an eleventh-hour reprieve!

Over the next ten months, the doctors continued monitoring the tumor with frequent scans. Every scan revealed that the tumor was quiet and in fact, each scan seemed to improve until January of this year. But I am going to save that part of the story for later.

For the rest of this study, I want to talk to you about the lessons I learned during that time before and after the reprieve.

*Prayer for Today: Father, thank You for Your Word that shows us how important it is to trust You. And thank You that Your Word also shows us how to do this. I pray that as we study trust, Your Holy Spirit would guide each of us to trust You more completely and deeply, and that He would guide us into all truth. Amen!*

## **Day 10: Rest**

Read Psalm 62:5-6 -- "My soul, wait in silence for God only, For my hope is from Him. He only is my rock and my salvation My stronghold; I shall not be shaken."

Read Psalm 91 THE WHOLE THING

Those were the facts of our story last year. What I didn't share with you were the ways that I learned to trust in God and the ways that He spoke to me through that intense first month and the following months of waiting. As soon as I heard about the tumor, I fell on my face before God. I literally was on the floor every day, tears soaking into my carpet. I knew I had nowhere else to turn but to Him for answers, comfort, and help. You see, God wants us to seek Him, and He wants to be found. This is the most important step of all. This is exactly what He wants from us. He wants us to seek Him above anything else (Matthew 6:33). And as I sought God, He revealed Himself to me (Jeremiah 29:13). The two things that He told me to do during that time helped me to trust Him. And they are still the things that I am doing today and that have continued to carry me through this trial.

These two things are the cornerstones of trust, and they are REST and WORSHIP. We are going to explore both of these. First, how do we rest in God?

In order to rest in God, we must know who God is. We cannot trust someone whom we don't know. The truths that I personally found most foundational in trusting God are that He is good and that He is for us. God speaks of His goodness repeatedly throughout Scripture. Why is this? God's goodness is absolutely foundational to our being able to trust Him. You cannot trust a person whom you do not deem to be good. Initially in my situation, when the bottom fell out and everything seemed to be hopeless, it was so hard to see Him as good and as working things out for my good (Romans 8:28). But slowly, even over that first month of complete uncertainty, He spoke to me and began to convince me that even in terrible circumstances, He was good. He doesn't change (Hebrews 13:8).

Even when the circumstances are swirling about you and confusing you, He is the one who stands still, ever the same. I remember a little while back, I was having a hard time with a difficult new development in our situation, and God spoke to me through an exercise instructor. God communicates with us in so many ways!

The class had finished a workout, and as we stretched, we were standing on one leg. The instructor said, "If you are having trouble standing, just find a spot that doesn't move and fix your eyes on it." Wow! I had probably heard that line dozens of times in my life during stretching or balancing, but it immediately resonated in my spirit that day.

If you are having trouble trusting and your whole world seems to have changed, fix your eyes on the one Person who does not change- Jesus.

In Matthew 14:29-30, Peter walked on the water when he had his eyes on Jesus and began to sink when he took his attention off Him, focusing instead on the wind and waves. Fix your eyes on Jesus. If this is still difficult, as always and with everything, ask God to show you that He is good. He is a good Father, and He loves when we ask Him for wisdom. He is so faithful. He wants you to know Him! And His goodness and good intentions toward us are such a fundamental part of who He is; and our understanding of Him is foundational to our trust.

*Prayer for Today: Dear Heavenly Father, Thank You for who You are. Thank You for providing us with Your Word that speaks of You and of Your trustworthiness. Help us to come to a greater revelation of who You are and specifically, of who You are for each one of us today. Thank You that You are a personal God who loves to speak to us individually. Help us to rest in You today. Amen!*

## **Day 11: Worship**

Read the following Scriptures and ask the Lord to speak to you as you read.

Psalms 13: 5-6-- "But I trust in your unfailing love; my heart rejoices in your salvation. I will sing to the Lord, for he has been good to me."

Isaiah 40:31-- "But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."

Psalms 100:4-- "Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name."

During those first few weeks of our trial, God also told me to worship. So, I did. And worship has been one of the biggest weapons that I have used over this past year. It has refocused my mind on God and who He is, convinced me of truth, and brought me so much peace.

Whatever you focus on, you worship.

Make sure you are worshipping God alone -- not your circumstances, not your problems, not the enemy. You see, the fundamental part of worship is that we magnify God. And when we do that, we are brought into His presence (Psalms 100:4) where we get the full perspective of His majesty. And when we get the right perspective of who God is, then our problems certainly don't look that daunting. Look at who we serve! Is anything too difficult for God (Jeremiah 32:27)? Certainly not! In fact, there are so many times that I have had to worship my way into belief.

When circumstances or news from the doctors assail me relentlessly and the facts of our situation seem to scream louder than God's promises, I worship until I believe. I worship to convince myself of God and His truth. We are repeatedly commanded in Scripture to rejoice, give thanks, and praise God (Psalms 147:1). And this is why: worship will completely change the atmosphere. Try it the next time that you are having a bad day or have lost hope in your present situation. Things will start looking up! You will be comforted, strengthened, and refreshed, for truly, "if God is for us, who can be against us?" (Romans 8:31).

So, you may be wondering, where are we now in our story. A month and a half ago, my husband underwent major brain surgery -- yes, the one that we had been so direly warned about last year. A significant change in the tumor discovered during regular MRI monitoring in January prompted an emergency attempt to remove the tumor. We had to drop everything and fly to another city for two weeks for this intense surgery. Unfortunately, the tumor was not able to be removed. However, God miraculously brought my husband through that incredibly difficult surgery with the most minimal of side effects which even now are being healed.

My husband now sports a large 6-inch scar on the back of his head, a forever reminder of what he has been through. And yet, there is more. As I write this, my husband is scheduled to begin radiation treatment within days, going back and forth to the hospital five days a week, even during the Coronavirus season.

Do I know the end of our story? Has it gone the way that I would have chosen? No and no. But this I do know: I know that my God is with me. He is for me. He loves me, and He is working all things out for my good whether I see it right now or not. And I know that my Redeemer lives. And because of this, I can rest, I can worship, and I can choose to put one foot in front of another and keep walking with Him in His joy, peace, and strength. And my dear sister, I pray that you can too.

*Prayer for Today: Father, Thank You for revealing to us the importance of worship. Please imprint this on our hearts and help us to daily worship You. May our lives be a fragrant offering to You -- every moment of every day, as we walk in faith. We love You and we lift You higher than any circumstance, person, or difficulty in our lives. Help us as we honor You by walking by faith and not by sight today. Amen!*

## **Day 12: Remind Yourself to Trust**

Read Isaiah 30:15-- "This is what the Sovereign Lord, the Holy One of Israel, says: "In repentance and rest is your salvation, in quietness and trust is your strength..."

Dear friend, I don't know what you are facing today. Perhaps you are up against economic pressures, health concerns, relational hardships, or even struggles within yourself.

But whatever problem you are facing, whatever fear that is threatening your heart and mind, I do know this: God is with you. He loves you as His very own precious child, and He wants to take your burdens. He wants to strengthen you, give you joy, and give you His peace that passes all understanding. These are gifts that will take you through any trial, no matter how fierce!

He wants you to know that He has overcome the world and every enemy within it, including fear.

And because you are in Him and He is in you, you also have overcome the world. Victory is yours because you are His! So be encouraged! Because of His great love for us, we are more than conquerors!

*Prayer for Today: Father, thank You for Your words of life to us. Help us to use them in a way in which they become a part of our identity, so we can use them to overcome. Thank You for Your great love for us, Your provision for us, and Your victory for us. We love You. Amen!*

In closing, just as we used the double-edged sword of Scripture to fight fear, we are going to use Scripture to encourage ourselves to trust God. On the following printable, are some of my favorite verses about trust, worship, rest, and the hope we have in God. Put them up somewhere that you will see them frequently for some Holy Spirit motivation!

# Remind Yourself to Trust

## Proverbs 3:5-6

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight.

## Philippians 4:4-7

Rejoice in the Lord always. I will say it again; Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in everything, 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 minds in Christ Jesus.

## Philippians 4:13

I can do everything through him who gives me strength.

## Psalms 28:6-7

Praise be to the Lord, for he has heard my cry for mercy. The Lord is my strength and shield; my heart trusts in him, and I am helped. My heart leaps for joy and I will give thanks to him in song.

## Psalms 62:1-2

My soul finds rest in God alone; my salvation comes from him. He alone is my rock and my salvation; he is my fortress, I will never be shaken.

## Psalms 95:18-19

When I said, "My foot is slipping," your love O Lord, supported me. When anxiety was great within me, your consolation brought joy to my soul.

## Matthew 11:28-30

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.