

## No Need For Fear

### Description

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Psalm 46:1-11

Have you ever experienced the type of fear that does not allow you to move forward? Or, fear that makes it hard to even think properly because all you see is the negative outcome you wished to avoid in the first place? Fear debilitates and distracts us in our search for any other reality than the object feared. Reality or not, whatever we fear fades our hope for a positive outcome.

No matter what type of fear we may experience Psalm 46 affirms: "God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea" (Psalm 46:1-2). It is good to remember that whenever we are not strong enough to overcome our problems, God has the strength we need to move forward and cast all our fear.

Yes, we will face trouble, but when we do God is our faithful present help. He strengthens us to overcome fear and experience fullness of life. Those who seek refuge in Him will have the confidence that they are protected by a mighty fortress.

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