

## Fear

### Description

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Exodus 14:10-20

Fear can be crippling and stifling. Fear can rise up and dominate all of our thinking. We see an example of that in verse 11, “*Was it because there were no graves in Egypt that you brought us to the desert to die?*” That’s a pretty fear-laden thought. The Israelites were running these worst-case scenario questions through their mind as Pharaoh’s army was closing in on them.

How often do we do this? We allow fear and doubt to creep into our minds ruminating on the worst possible outcome that could happen. We entertain questions like these: Will my child make the wrong choice? Is this cancerous? Will I live with this pain forever? Will I have enough money? Fear and anxiety can creep into our minds and dominate our lives, if we are not vigilant against these destructive forces.

So, how do we thwart this mindset? *Stand firm . . . and be still.* What God desires from us is faith and trust. This is best accomplished when we stand before Him, casting all of our fears and doubts at His feet, and be still, trusting Him for the steps ahead.

Author: Mindy Alsworth

### Date Created

2019/05/21