

Victory Over FEAR

by Rev. Percy McCray

Fear is the natural first response if you or a loved one has been diagnosed with cancer. A cancer diagnosis takes you into uncharted territory, and there are few greater fears than fear of the unknown.

Fear is very real and cannot be ignored. But God gives us the power to fight fear—and potentially we may find victory over it!

In the Gospels, we see a moment when the disciples experienced great fear. It was late one evening when Jesus and the disciples had boarded a small boat to slip away from the crowds in Capernaum and cross over the Sea of Galilee to the region of the Gerasene's.

Suddenly, a furious storm came up on the lake. Waves began to sweep over the railing. Several of the men were experienced fishermen and knew a squall like this could sink their boat. The disciples were afraid for their lives. They rushed back to Jesus and found Him in the stern, sleeping on a cushion. They shook him awake. "Lord, save us!" they shouted. "We're going to drown!"

Jesus woke up. He stood, looked out over the dark storm and commanded the wind and the waves to be still. Immediately, the storm winds stopped,

and the sea was calm. The men were amazed. Then Jesus turned to His disciples and asked them one question:

Why are you so afraid?

Why would they not be afraid? They were caught in a terrible storm, and their lives were in danger! Fear seems like a very natural and reasonable reaction.

Yet Jesus seems surprised that they were afraid. Two things can be seen here:

- First, they did not have to be afraid. They were traveling with the Son of God.
- Second, Jesus did not want them to be afraid. They had walked with Him long enough to have the ability to trust instead of fear.



Jesus did not belittle the disciples by asking why they were so fearful. He was not saying that the fear was not real or significant. But He wanted them to understand that victory over fear could be possible.

Your fears may be real, they may be reasonable, and they may be strong. But because of the power of God, fear does not have to control you.

In those hard moments that you find yourself feeling anxious or fearful, remind yourself that fear does not have to control you. Take your fears and concerns to the feet of Jesus in prayer. The Bible says, “Cast all your anxiety on Him because He cares for you” (1 Peter 5:7).

Not allowing fear to control us is easy to say and easy to read, but it takes an active step of faith and a measure of discipline. We need to set our minds on what we know God said is true about fear and His faithfulness. We need to anchor our thoughts on the Word of God and fill our heart with His promises. There is less opportunity for fear to control us when we are filled with God’s truth, peace and love.

When fearful thoughts fill your mind, turn them away. Refuse to meditate on them, and replace them with thoughts of God’s goodness. When feelings of fear creep in we can do what David did when he “encouraged himself in the Lord” (1 Samuel 30:6).

Here are some anchors of truth that can help you find victory over fear. Meditate on these verses, keep coming back to them, and search the Scriptures because there are many more.

God is Bigger Than What You Fear

*The Lord is my light and my salvation—
whom shall I fear?*

*The Lord is the stronghold of my life—
of whom shall I be afraid? - Psalm 27:1*

You have a reason to confront fear and not allow it to control you. Why? Because the Lord is with you. “Greater is He who is in you than he who is in the world” (1 John 4:4). No matter what comes against you today, God is always on your side. Nothing can separate you from His love.

*For I am convinced that neither death nor life,
neither angels nor demons, neither the present nor the future,
nor any powers, neither height nor depth, nor anything else in all creation,
will be able to separate us from the love of God that is in Christ Jesus our Lord.*

God is Better Than What You Think

*Oh, taste and see that the LORD is good;
Blessed is the man who trusts in Him!* - Psalm 34:8

We know that “in all things God works for the good of those who love him” (Romans 8:28). Nothing that happens to you surprises Him. He promises to “meet all your needs according to the riches of His glory in Christ Jesus” (Philippians 4:19). And He promises to never leave you. “Surely I am with you always, to the very end of the age” (Matthew 28:20).

*For I know the plans I have for you,” declares the Lord,
“plans to prosper you and not to harm you, plans to
give you hope and a future.* - Jeremiah 29:11

There is No Fear in Love

*There is no fear in love.
But perfect love drives out fear.* - 1 John 4:18

Right now, even as you read these words, Jesus is praying for you. At this very moment, the Bible tells us that He is “at the right hand of God and is also interceding for us” (Romans 8:34).

Fear not. No matter how your situation may look right now, you are loved, you are cared for, and you

have a mighty Helper. Jesus said, “Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid” (John 14:27).

*So do not fear, for I am with you;
do not be dismayed, for I am your God.
I will strengthen you and help you;
I will uphold you with my righteous right hand.*
- Isaiah 41:10



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