



# How To Handle Fear

*by*

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# 1. When I'm Afraid

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**F**ear is a negative emotion we experience whenever we face any kind of threat. We worry over different things (some are real while some are just figments of one's imagination). The truth is, the devil will target you in the area where you are anxious or insecure. Whenever fear creeps in, it brings instability to the heart. Your decisions and actions would be influenced by the state of your heart.

The Bible tells us the story of a young David who killed a giant named Goliath when Israel went to war against the Philistines. David then became a household name both in Israel and among the Philistines, but this also led to the beginning of troubles for him. In the song of victory composed by the women, David was honoured more than King Saul, and from that day Saul sought to kill him.

David ran for his life and guess where he ran to? To one of the cities of the Philistines (the enemy). Fear made him believe his enemies would provide refuge for him. When

he discovered the Philistines knew him, he became afraid and started acting like a mad man until he was sent away. Fear has a capacity of making you change your behaviour.

David later left Gath (a city of the Philistines) to hide in a cave, but Saul kept closing in on him. Then he decided to move to Gath again! This time, he joined their army and was willing to fight against Israel (a nation he was anointed to lead).

Fear can make you move against God's plan for your life. Do not let fear take over your heart. God speaks to you consistently in His word, saying, Fear Not. Pick up your bible and search out God's promises to strengthen your heart.

Further reading

1 Samuel 17 - 1 Samuel 29

## 2. Find Refuge In His Presence

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**T**here will always be reasons to be afraid. When you look around or listen to news about diseases, deaths, recession, etc, the heart might not be able to bear all these. One question to consider is, What should I do when I am afraid? David provides an answer in Psalm 56, a Psalm he wrote when the Philistines captured him in Gath. David said, "Whenever I am afraid, I will trust in You. In God (I will praise His word), In God I have put my trust; I will not fear. What can flesh do to me?" - Psalm 56:3-4 (NKJV)

Did you notice that the Psalmist moved from Whenever I am afraid to I will not fear. Read the above verses again. What then is responsible for that transition? The first thing David said is to **trust in God**. The reality of [the presence of] God in your heart must be greater the reality of your fear.

The assurance of God's presence helps us a lot especially in times we are afraid. God is not far away from you. The Bible says, He is "our refuge and strength; a ever-present help in trouble" (Psalm 46:1). Yes, God is your refuge. He is a place of shelter and trust. You need Him in times of fear. He is your hiding place (Psalm 32:7). God gives comfort (strength) in the midst of fear. When life takes you through a dark valley, be rest assured that God is with you. The Psalmist says "though I walk through the valley of the shadow of death, I will fear no evil; For You *are* with me; Your rod and Your staff, they comfort me" (Psalm 23:4)

Are you afraid? Trust in God

Further reading

1 Samuel 21:10-15; Isaiah 43:1-2

# 3. Find Refuge In His Word

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**M**any times we encounter fear, we go around looking for help from man. Our first response should be turning to God. We must learn to trust God more than we trust man.

When you trust God, you will trust in His word. By trusting God, you will trust His nature and character. Then you will believe whatever He says. If you find someone's character questionable, then you will find it hard to believe everything he says. God is full of integrity. There is no shadow of turning with Him; no variableness at all.

The Psalmist said, "Whenever I am afraid, I will trust in You. In God (I will praise His word), In God I have put my trust; I will not fear. What can flesh do to me?" - Psalm 56:3-4 (NKJV).

Whenever you are afraid, trust in the promises of God. Hold on to God's word. Fear would suggest to you that God's word is not true. Fear imposes its voice as the only

voice you should listen to. Situations around you might provide compelling evidences that defies God's word. Fear would magnify the threat above God's word. Nevertheless, in all of these, trust in God's Word.

When fear comes, you lose strength. The Word of God has capacity to give you strength to overcome heaviness in the heart (Psalm 119:28).

God's word is real. Trust God and believe what He says. His Word is faithful and true.

## Bible Reference

Psalm 56:1-13

# 4. I Will Not Fear

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**T**rusting in God and in His word helps us conquer the fear of man. The fear of man is real. Men have so much power and influence so much that one might begin to doubt in God's ability to save.

Let's consider the story of David fleeing from Saul. At that time Saul was the King. Saul did not send his men to go after David. He went himself. Can you imagine Saul leaving the affairs of the kingdom to run after one man? Can you imagine all the resources at his disposal to fetch David out? He would have choicest men with him. David was definitely afraid, running for his life.

For some people, like David, they are up against a system (not just one man). One hundred and twenty-two men plotted against Daniel and they devised an indirect way of using the the law to achieve this. The king was coerced to issue a decree that he cannot reverse. Having over one hundred men going after you in itself is a lot, now they

have the backing of the law. It is indeed not a pleasant experience to be hounded by men.

Men might be strong, but trusting in God and in His word will make you see them as mere mortals. If the Lord is on your side, then you will not be swallowed up by them. With all their influence and arsenal, they will be mere men you. They might have track record of what they've done to others, but because you trust in the Lord, you will be greatly helped by God.

Fear not, for your help is in the name of the Lord.

## Bible Reference

1 Samuel 20- 1 Samuel 27; Daniel 6:1-28; Psalm 56:1-13

# Thank You

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We hope you find this Bible Plan helpful. God does not want you to live in fear. Trust Him and His words and you will find help.]

This Plan is written by Wole Owomoyela. He is the Coordinator of God of our Fathers Ministry Int'l, a non-denominational ministry situated in Kent, United Kingdom. You can find out more about the ministry and also access more useful materials on their website - [www.godofourfathers.com](http://www.godofourfathers.com)

We would be happy to hear from you. Kindly share your thoughts, comments and questions.

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We look forward to hearing from you.



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