

Compass Bearing #4
Devotions to Navigate the Coronavirus Pandemic
“Do Not Be Afraid”
Tuesday, March 31, 2020
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¹⁰ 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

Fear does not get the final word.

What feelings of fear can you identify within yourselves right now? It is an interesting time in history because all of us have different circumstances and specific reasons to feel anxious during this season of uncertainty; however, we all are experiencing it at the same time in a similar way. In a matter of days, our lives have changed dramatically due to this virus. We are all experiencing some sort of transition or change in our daily routines. Change almost always lends itself to at least some sort of anxiety or fear for us. But if we stay stuck in fear it steals so much of the blessings God has given us in this life.

So here's a question, does God want me to ignore my feelings? Is that a requirement of trusting God's word in Isaiah 41 and the other 79 verses of scripture that talk about not being afraid? Kris Vallotton, a well-known prophet and speaker, says that when experiencing fear and anxiety, that feelings are “great servants but terrible masters.” We don't want to ignore our feelings. They are real and we connect with God in an emotional way. However, we want to identify the reason for our feelings and then begin to identify the truth from the lie. The source of fear and anxiety is from the enemy who comes to steal, kill, and destroy. He wants to steal your peace, kill your joy, and destroy your present. That is why we have to take conscious, practical steps to remind ourselves of God's truth.

Here are some practical ways to do that:

1. Remind yourself of things that you were afraid of in the past that never happened. Trust me, there are plenty of them.
2. Read what God says about your future. Spend some time speaking that over your life and your family. There is power in speaking God's Word.
3. Be honest with God about how you feel. Nothing surprises him. If you are thinking it he knows it anyway. So talk through it in prayer. Identifying the source of your anxiety may not change what you are afraid of, but it will allow you to process it and examine your perspective. You can then see if your perspective needs to be readjusted.

Just remember, feelings and fear do not get the final word. God gets the final Word and His plans for you are good!