

DAILY DEVOTIONAL

MOODS / Week 3

“The Lord is my light and my salvation—so why should I be afraid? The Lord is my fortress, protecting me from danger, so why should I tremble?”

Psalm 27:1 NLT

DAY 1

In the Bible, the phrase, “Do not be afraid,” is used over 350 times! That tells us a couple things. The first is that God doesn’t want us to live in fear. Like this verse says, God wants us to live like He is our fortress, a strong place of protection, to keep us safe from anything we might fear. And the second is that God knows us. He knows that fear is something we’re going to feel... a lot! And that’s why He gave us words like these to calm and comfort us when we find ourselves facing fear. Today, write the words, “Do not be afraid,” somewhere you can see them. Let them remind you of God’s comfort, protection, and help in the face of all your fears.

“But when they saw him walking on the water, they cried out in terror, thinking he was a ghost. They were all terrified when they saw him. But Jesus spoke to them at once. “Don’t be afraid,” he said. “Take courage! I am here!”

Mark 6:49-50 NLT

DAY 2

When was the last time you had to have courage? Maybe it was giving a speech in front of your class, or confessing a mistake to a friend, or worrying about a parent who was sick. In those moments, you need courage. And as this verse reminds us, courage is something we can have because Jesus is with us. When we find ourselves facing moments of fear and anxiety, we don’t have to come up with courage on our own. We can find it in knowing that Jesus is with us. Today, talk to a friend about an area of your life that requires courage right now. Ask them to remind you that Jesus is with you and can give you the courage you need.

“Don’t be afraid,” Moses answered them, “for God has come in this way to test you, and so that your fear of him will keep you from sinning.”

Exodus 20:20 NLT

DAY 3

When we hear the word “fear,” we usually think about being afraid or scared of something. But here, the Bible talks about having a fear of God. Does that mean we’re supposed to be scared of God Himself? Absolutely not! It means that we respect God for who He is. The big, mighty, great God who loves us and wants what’s best for us. This verse begins with a reminder to not be afraid. Why? Because of the big God we serve. Our respect and love for Him is what will keep us motivated to walk the right path and avoid some of the mistakes we might fear. Talk with a trusted friend or Small Group Leader about what this verse means to you this week.

<p><i>"I am God, the God of your father," the voice said. "Do not be afraid to go down to Egypt, for there I will make your family into a great nation."</i></p> <p>Genesis 46:3 NLT</p>	<p>DAY 4</p> <p><i>Do not be afraid.</i> Has anyone ever said those words to you? Maybe when you were a kid, your parents told you to not be afraid because you had a night light in your room. Or maybe someone told you not to be afraid because they would protect you in a scary situation. In this verse, God tells Jacob not to be afraid. Why? Because He is God—One who is big enough to help Jacob through anything he might fear or find scary. And the same is true for us. We follow a God who is bigger than our fears, and that is more than enough reason not to be afraid. Spend time reading Genesis 46 this week to learn more about Jacob's story and the way God was with Him in his fear.</p>
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<p><i>"But you, O Lord, are a shield around me; you are my glory, the one who holds my head high."</i></p> <p>Psalms 3:3 NLT</p>	<p>DAY 5</p> <p>If you've ever seen a shield in a movie, a picture, or even in real life, then you know what a protective force it can be. They're big enough and strong enough to protect the person using it from whatever might come their way. David, the writer of this Psalm, is saying that God acts as a shield around us. He protects us from attacks on all sides, keeping us safe in the face of our fears. We may not be able to avoid the things we're afraid of, but we can know that God is working to shield and protect us as we face them. Try and memorize today's verse by writing it multiple times and speaking it out loud. Remember, God is our shield!</p>
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<p><i>"I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So, don't be troubled or afraid."</i></p> <p>John 14:27 NLT</p>	<p>DAY 6</p> <p>Jesus is assuring us that in Him, we can find a peace that nothing else in this world can give. Maybe your mind has been filled with worry or fear lately. Maybe your heart is overwhelmed by circumstances in your life. Maybe in the face of fear or stress, you've felt troubled and afraid. The good news is that you don't have to stay in that feeling. Peace—the kind that only Jesus gives—is available to you. So today, pray about whatever is troubling you. Tell God about what you're worrying about or afraid of right now. Ask for His peace to fill your heart and mind. Let it change the way you see your situation, knowing you have the peace of God with you.</p>
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<p><i>"There is no condemnation for those who belong to Christ Jesus."</i></p> <p>Romans 8:1 NLT</p>	<p>DAY 7</p> <p>Scripture helps teach us the way we should live. If we're going to actually live out what the Bible says, we have to first know what it says! Memorizing God's Word helps us both know it and live it. So this week, challenge a friend to memorize this passage with you. Check in and test your skills with each other throughout the week. Then treat yourselves to something fun when you both commit it to memory.</p>
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