

DAILY DEVOTIONAL

Vibes / 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

We've all got stuff we are afraid of. It's normal. Things like rejection, not measuring up, being alone, the negative opinions of others, the unknown or sickness. Fear can be like a dark shadow over our lives; so powerful it almost feels like a prison. Feeling afraid is a human emotion. But we don't have to live trapped in our fear.

Verses like this are a reminder about what is true of God when our fear feels more true—what is real about God when our fear feels more real. We may never stop feeling afraid, but we can remember that God is bigger. God is our safe place. This week, pray, say out loud, or write in a journal to God your fears, and let His promises be light in your darkness.

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

These verses from Mark are from a real experience the disciples had with Jesus. Imagine being in their shoes—on a boat, in the middle of the night when suddenly, they see someone walking on the water coming towards their boat. Fear seems like a reasonable response! But Jesus tells them to not be afraid. Why? Because He's there.

Even if you've never seen a figure walking on water in the middle of the night, you have probably experienced fear at some point. And what was true for the disciples is true for us: we don't have to be afraid because Jesus is with us too. **The first step to being courageous is by fixing your focus.** Rather than focusing on the thing that is rightfully scaring you, focus on Jesus, who conquered death, and promises to always be with you.

"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

The phrase "Don't be afraid", is repeated all over Scripture. And in the verse from today, we are told not to be afraid, but then to also fear God, which sounds confusing. What does it mean to not be afraid, but fear God? In this passage, Moses is telling the people not to be afraid by what they are experiencing, but to fear God—meaning, to place confidence in the one who is bigger than the thing they are fearing in front of them. He's talking more about respect and awe, and having the perspective that God is bigger than whatever they are facing.

Today, write out what you are afraid of, and then write next to it, "God is bigger." Any time your fears start to creep up this week, remind yourself that God is larger than any fear you face.

"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."

GENESIS 46:3 NLT

DAY 4

Sometimes, we read different verses that can make think, "I wish God talked like that NOW." God straight-up tells Jacob what to do, and that Jacob should not be afraid because of what God will do when Jacob gets to Egypt. The truth is, we aren't hearing God's voice telling us exactly what to do and what He'll do when we listen, which can make a life of faith difficult.

The good news is that what God tells Jacob in this verse is true for us too. Not that God will make our family great in Egypt, but that God is *God*. Meaning, God is trustworthy not because of what He does, but because of who He is. We may not get all the details about what God is doing, but we can be sure of who He is and what He is about. He's looking out for us.

Write down one area where you need to be reminded of who God is, even if you don't know what He's going to do.

But you, O Lord, are a shield around
me; you are my glory, the one who
holds my head high.

PSALM 3:3 NLT

DAY 5

Have you ever had one of those days, or been in a season of your life where things are just hard? Getting out of bed is hard, school is hard, friendships are hard, family is hard. It can feel like everything just keeps piling on and beating you up. Being in a place like this can be really lonely. This is what makes this verse so powerful. When we feel lonely and beat down, and like nothing will ever get better, the writer of this Psalm reminds us that God is a shield around us. And when life feels like it is beating us up, God lifts up our head. He gives us confidence, courage, hope, and endurance.

This week, keep your head up knowing that God's future for you isn't defined by anything that is happening to you, and that He is a shield around you. Sometimes this week, **ask God to help you to be reminded of that.**

"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.

JOHN 14:27 NLT

DAY 6

We tend to think of peace as meaning there is no tension or conflict. But the peace that Jesus talks about here isn't that. In fact, in this verse, Jesus pretty much says the opposite is true. That there WILL be difficult times and challenging circumstances—we can be sure of it. But He offers a peace in the middle of whatever we face. We don't have to wait for things to be perfect to experience peace. We can experience it right here and right now.

Next time you experience a type of disruption that causes worry or fear, and makes you think peace is impossible, **pray and ask God for His peace, and to be awareness to experience it when nothing may feel peaceful.**

So now there is no condemnation
for those who belong to
Christ Jesus.

ROMANS 8:1 NLT

DAY 7

Google a graphic with this verse on it, and make it your lock screen on your phone for this next week!