

I Will Fear No More

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If you'd like to watch the video for this song: <https://youtu.be/NBopf-bArKs>

Every anxious thought that steals my breath,
it's a heavy weight upon my chest.
As I lie awake and wonder what the future will hold,
help me to remember that You're in control.

Refrain:

You're my courage when I worry in the dead of night.
You're my strength 'cause I'm not strong enough to win this fight.
You are greater than the battle raging in my mind,
I will trust You, Lord, I will fear no more.

I will lift my eyes, I will lift my cares.
Lay them in Your hands, I'll leave them there.
When the wind and waves are coming, You shelter me.
Even though I'm in the storm, the storm is not in me.

Refrain:

No power can come against me 'cause You have overcome.
No darkness can overwhelm me 'cause You've already won.
No power can come against me 'cause You have overcome.
No darkness can overwhelm me 'cause You've already won.

Refrain:

Every anxious thought that steals my breath, it's a heavy weight upon my chest.
As I lie awake and wonder what the future will hold, help me to remember that You're in control.

Romans 8:18 *"I don't think the sufferings we are going through now are even worth comparing with the glory that will be revealed to us in the future."* The Complete Jewish Bible

Proverbs 23:18 *"Your future is bright and filled with a living hope that will never fade away."*
The Living Bible

These verses seem challenging, especially during difficult times. Have you had times in your life when you had trouble remembering that God is "in control"? Thinking about those times, what helped you remember that *"your future is bright and filled with a living hope"*?

You're my courage when I worry in the dead of night.
You're my strength 'cause I'm not strong enough to win this fight.
You are greater than the battle raging in my mind, I will trust You, Lord, I will fear no more.

Psalm 46:1 *"God is our refuge and strength, a tested help in times of trouble."* The Living Bible

1 Chronicles 28:20 *"Be strong and courageous and get to work. Don't be frightened by the size of the task; for the Lord my God is with you; He will not forsake you. He will see to it that everything is finished correctly."* The Living Bible

Ephesians 6:10 *"Last of all I want to remind you that your strength must come from the Lord's mighty power within you."* The Living Bible

Do you rely on your own strength? Why? Is that working for you? Are there times you rely on God's strength? When? How do you determine whose strength you will rely on? If you don't rely on God's strength (or feel you don't do it enough) what is stopping you? Over the coming weeks can you reach out to God, offer your "worry", "the battle raging" in your mind and ask for God's strength so you can "fear no more"?

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Lay them in Your hands, I'll leave them there.
When the wind and waves are coming, You shelter me.
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Psalm 107:28-30 *"Then we cried out 'Lord, help us! Rescue us!' And He did; God stilled the storm, calmed the waves, and He hushed the hurricane winds to only a whisper. We were so relieved, so glad as He guided us safely to harbor in a quiet haven."* The Passion Translation

Psalm 71: 15-16 *"I cannot count the times when You have faithfully rescued me from danger. I will tell everyone how good You are, and of Your constant daily care. I walk in the strength of the Lord God. I will tell everyone that You alone are just and good."* The Living Bible

Spend some time with the phrase "even though I'm in the storm, the storm is not in me."
What does mean to you?

No power can come against me 'cause You have overcome.
No darkness can overwhelm me 'cause You've already won.

John 16:33 Jesus said *"I have told you all this so that you will have peace of heart and mind. Here on earth you will have many trials and sorrows; but cheer up, for I have overcome the world."*
The Living Bible

1 John 4:4 *"Dear young friends, you belong to God and have already won your fight with those who are against Christ because there is someone in your hearts who is stronger than any evil teacher in this wicked world."* The Living Bible

What does it mean to you when Jesus says He has “*overcome the world*”? What reassurance do you find in that concept? Why?

Can you trust that “no darkness can overwhelm” you because of Jesus’ death and resurrection? Why do you feel that way?

“We are praying too, that you will be filled
with His mighty, glorious strength
so that you can keep going no matter what happens,
always full of the joy of the Lord.”

Colossians 1:11 The Living Bible