

Be
NOT
Afraid
God's Amazing
Provision for the
Anxious Heart

Kristie Gant



SAMPLE PAGES:

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Lesson One

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About This Study

Jesus said, "*Do not worry about tomorrow . . .*" and yet, even with a strong belief in God, we often find fear, anxiety and worry clouding our days and nights. How can we, as Christians, take our concerns to the Father and find relief for our anxious hearts?

God has provided the all-sufficient Scriptures to bridge the gap between godly desires and everyday struggles. Over and over again, His Word reminds us that:

He knows us.

He loves us.

He is faithful.

He not only sees our struggles, but He has compassion on our fearful hearts.

His Word and His Spirit provide powerful help for our fears.

We can trust Him.

We need only run to Him.

Be Not Afraid is an inductive-style Bible study consisting of eight lessons (designed to be completed over the course of eight or 16 weeks). Within the pages of this study, you will find life-changing truths from God's Word — each one providing abundant help for all our fears, worries, concerns and anxieties!

What do I need to complete this course?

Other than your Bible and this course book, you will only need a pencil or pen.

Is there anything else I might want to have on hand?

Occasionally there is an assignment to complete a word study (looking up definitions for the Hebrew or Greek words used in the original Bible languages) or to read from a commentary. Many of these resources are available free online. See Appendix A for more information on word studies.

Does it matter which translation I use for study?

Quotations throughout this course come primarily from the New King James Version of the Bible (NKJV) with comparative readings in the English Standard Version (ESV). It is fine to use another translation — for example, the New American Standard Bible — to answer questions. Paraphrases, such as *The Living Bible*, will be more difficult to use for study.

If I join a group late, do I have to start from the beginning?

In order to lay a good foundation for study, first complete Days One through Three of Lesson One. When done, jump ahead to the lesson your group is currently completing. At the end of the study, you can come back to the beginning and work through any lessons you missed.

Why are there both two parts *and* five days of study?

The course is divided this way in order to accommodate different study preferences or needs. You can complete the course in two “parts” or five “days” of study per lesson by following the divisions that work best for you.

In addition, the two “parts” provide study groups the option of taking two weeks to cover each lesson by having class members complete only one part per week.

Why are there boxes to initial?

It is all too easy to plunge right in and begin studying without pausing to ask God’s blessing on, and help in, your Bible study endeavors — or to conclude your study without responding to God in prayer. To remind you of the importance of prayer, and encourage you to make it a serious part of your study time, we include a small box for you to initial after completing a time of prayer and/or meditation. These boxes usually appear at the beginning and end of each section of study: for example, on page 76, one box is located under the day indicator for Day Three and another at the end of that section.

What if I don't understand, or don't have an answer for a question?

If you occasionally have trouble answering a question, make a mark in the margin and go on to the next question. Many times an answer will come to light as you continue to study.

Why does each lesson end with a hymn?

God has designed music to be a large part of our worship, spiritual encouragement and comfort in life; therefore I have included a hymn at the close of each weekly lesson. If you are unfamiliar with any of the melodies, you can simply be encouraged by reading the words aloud, or you can find audio demonstrations at one or both of the following websites:

hymnbook.igracemusic.com/hymns

In addition to the lyrics, this site also includes lead sheets, chord charts, stories behind the hymns, and more. Some of the selections are the traditional melodies; however, many are updated or changed.

hymntime.com/tch/index.htm

This home site for The Cyber Hymnal provides the traditional lyrics and melodies for many hymns.

I'd love to hear from you!

If you have comments or questions, or if you would like to share what the LORD has done in your life as you have studied His Word in this course, please write to me at: kristiegant@inpraiseministries.com.

May the LORD bless your study!

Kristie

Lesson One

Divine Provision

“‘FEAR NOT’ is a plant which grows very plentifully in God’s garden. If you look through the lily beds of Scripture you will continually find by the side of other flowers, the sweet, “Fear nots” peering out from doctrines and precepts even as violets look up from their hiding among places of green leaves.”¹

C. H. Spurgeon

Isaiah 51:7, 12-16

NKJV

⁷“Listen to Me, you who know righteousness,
You people in whose heart is My law:
Do not fear . . .

...

¹² “I, even I, am He who comforts you.
Who are you that you should be afraid
Of a man who will die,
And of the son of a man who will be made
like grass?

¹³ And you forget the LORD your Maker,
Who stretched out the heavens
And laid the foundations of the earth;
You have feared continually every day
Because of the fury of the oppressor,
When he has prepared to destroy.
And where is the fury of the oppressor?

¹⁴ The captive exile hastens, that he may
be loosed,
That he should not die in the pit,
And that his bread should not fail.

¹⁵ But I am the LORD your God,
Who divided the sea whose waves roared—
The LORD of hosts is His name.

¹⁶ And I have put My words in your mouth;
I have covered you with the shadow of
My hand,
That I may plant the heavens,
Lay the foundations of the earth,
And say to Zion, ‘You are My people.’”

ESV

⁷“Listen to me, you who know righteousness,
the people in whose heart is my law;
fear not . . .

...

¹² “I, I am he who comforts you;
who are you that you are afraid of
man who dies,
of the son of man who is made like grass,

¹³ and have forgotten the LORD, your Maker,
who stretched out the heavens
and laid the foundations of the earth,
and you fear continually all the day
because of the wrath of the oppressor,
when he sets himself to destroy?
And where is the wrath of the oppressor?

¹⁴ He who is bowed down shall speedily
be released;
he shall not die and go down to the pit,
neither shall his bread be lacking.

¹⁵ I am the LORD your God,
who stirs up the sea so that its
waves roar—
the LORD of hosts is his name.

¹⁶ And I have put my words in your mouth
and covered you in the shadow of
my hand,
establishing the heavens
and laying the foundations of the earth,
and saying to Zion, ‘You are my people.’”

Part One

God, His People, and Fear

Pray!

After reading Isaiah 51:7, 12–16 (printed on the previous page in two translations — read one or both), begin with prayer and initial the small box to the left as the “amen” to your prayer.

Days One and Two

1. Fear. Worry. Anxiety. They may differ in their frequency, scope, intensity and affect, but they are common to us all. As you begin this study, list a few of the things we fear in life. (It shouldn't take long to fill up the entire space below!)

2. From Genesis to Revelation, in one form or another, the command “do not be afraid” appears well over 100 times. As you read the representative passages below, put a box around each phrase which urges someone to not be afraid. The first two are done for you.

“Do Not Be Afraid” Passages

- a. After these things the word of the LORD came to Abram in a vision, saying, “Do not be afraid, Abram. I am your shield, your exceedingly great reward.” — Genesis 15:1
- b. And God heard the voice of the lad. Then the angel of God called to Hagar out of heaven, and said to her, “What ails you, Hagar? Fear not, for God has heard the voice of the lad where he is.” — Genesis 21:17
- c. And the LORD appeared to him [Isaac] the same night and said, “I am the God of your father Abraham; do not fear, for I am with you.” — Genesis 26:24
- d. Then the LORD said to Moses, “Do not fear him, for I have delivered him into your hand, with all his people and his land;” — Numbers 21:34a
- e. “Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the LORD your God is with you wherever you go.” — Joshua 1:9
- f. And he [Jahaziel] said, “Listen, all you of Judah and you inhabitants of Jerusalem, and you, King Jehoshaphat! Thus says the LORD to you: ‘Do not be afraid nor dismayed because of this great multitude, for the battle is not yours, but God’s.’” — 2 Chronicles 20:15
- g. “Fear not, you worm Jacob, You men of Israel! I will help you,” says the LORD and your Redeemer, the Holy One of Israel.— Isaiah 41:14
- h. But now, thus says the LORD, who created you, O Jacob, And He who formed you, O Israel: “Fear not, for I have redeemed you; I have called you by your name; you are Mine.” — Isaiah 43:1
- i. “Do not fear, nor be afraid; . . . Is there a God besides Me? Indeed there is no other Rock; I know not one.” — Isaiah 44:8
- j. “Do not fear, for you will not be ashamed . . . For your Maker is your husband, The LORD of hosts is His name; And your Redeemer is the Holy One of Israel; He is called the God of the whole earth.” — Isaiah 54:4–5

- k. Then he said to me, “Do not fear, Daniel, for from the first day that you set your heart to understand, and to humble yourself before your God, your words were heard; and I have come because of your words.” — Daniel 10:12
- l. “Yet now be strong, Zerubbabel,” says the LORD; “and be strong, Joshua, son of Jehozadak, the high priest; and be strong, all you people of the land,” says the LORD, “and work; for I am with you,” says the LORD of hosts. “According to the word that I covenanted with you when you came out of Egypt, so My Spirit remains among you; do not fear!” — Haggai 2:4–5
- m. Then the angel said to them, “Do not be afraid, for behold, I bring you good tidings of great joy which will be to all people. For there is born to you this day in the city of David a Savior, who is Christ the Lord.” — Luke 2:10–11
- n. “Do not fear, little flock, for it is your Father’s good pleasure to give you the kingdom.” — Luke 12:32
- o. But He [Jesus] said to them, “It is I; do not be afraid.” — John 6:20
- p. “Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.” — John 14:27
- q. And when I saw Him, I fell at His feet as dead. But He laid His right hand on me, saying to me, “Do not be afraid; I am the First and the Last. I am He who lives, and was dead, and behold, I am alive forevermore. . . .” — Revelation 1:17–18
- r. “Do not fear any of those things which you are about to suffer . . . Be faithful until death, and I will give you the crown of life.” — Revelation 2:8, 10

3. (*Optional*) Knowing that this command appears more than 100 times in Scripture, record additional verses which urge God’s people to not be afraid. (You may use a concordance.)

4. Given the abundance of times this command occurs, what does this suggest about God?

5. How would you describe the tone of God’s commands to not fear?

6. Return again to each of the passages in question #2, this time underlining any reasons God gives for His people to not be afraid. For example, in passage “b” you would underline “for God has heard.”

7. Of all the reasons you underlined, record the three you consider most comforting.

8. Although you listed some common fears in question #1, take time here to specifically list one or more personal worries (anxieties, concerns, fears). When done, take a moment to thank God for His faithfulness to provide comfort for His people from generation to generation.

Day
Three

9. As you observe each of the passages in question #2 again, record the various names or descriptions of God which Scripture combines with these calls to not be afraid. (The list is started for you. Use only as many lines as needed.)

How God Identifies Himself as He Commands His People to Not Be Afraid

the LORD	_____
your shield	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

10. Read aloud the names and descriptions you recorded above.
When fighting fear, why is it important to know and consider divine names and descriptions such as these? (After recording your own answer, note additional insights from Psalm 9:10 and Proverbs 18:10.)

11. Of all the names recorded in question #9, which would you be *least* likely to call to mind in times of fear or worry? _____ In what way(s) could this name be helpful in overcoming fear?

12. Take time to review questions #1 through #11 and prayerfully contemplate the things you have read, marked and listed.

a. What insights have you gained about God, His people and fear?

b. How should these insights affect your prayer life? (Be specific.)

c. Considering your own tendencies toward fear, worry or anxiety, what one specific change in thought or activity will you make in light of this lesson? (Don't skip this question! Scripture is not given to make us smarter sinners, but to change our heart and life!²)

13. In Jeremiah 17:7-8, the Lord proclaims a blessing on those who trust in Him, on those "*whose hope is in the LORD*", declaring:

"For he shall be like a tree planted by the waters,
Which spreads out its roots by the river,
And will not fear when heat comes;
But its leaf will be green,
And will not be anxious in the year of drought,
Nor will cease from yielding fruit."

Meditate on these words before closing out this section with prayer.

Part Two

Knowing Where to Run

The name of the LORD is a strong tower;
 The righteous run to it and are safe.
 Proverbs 18:10

Days
 Four
 and
 Five

In the Scriptures we find hundreds of names and titles for God. Each one helps us know His character and perfections, and each one is a strong tower and mighty refuge so that we can have peace in times of fear or distress.

1. "LORD of Hosts" (or Jehovah-Sabaoth) is one of these names. The Hebrew word translated LORD is transliterated YHWH, with the pronounceable result being Yahweh (or Jehovah in an alternate spelling). This is the name God uses to signify His covenant relationship with His people. In English Bibles it is usually written in all capitals (LORD).

The English word "hosts" is the Hebrew word "sabaoth." Joined with the word LORD, Jehovah-Sabaoth is a mighty name, assuring us of God's power, authority and sovereignty over all hosts (all created things), including:

- All creation — Genesis 2:1; Deuteronomy 4:19; Daniel 4:34–35.
- Angels (good and bad) — Luke 2:10–15; Psalm 103:19–22.
- Armies (people or angels) — Joshua 5:13–15; 1 Samuel 17:45.

If you are unfamiliar with the use of the term "host" in Scripture, read one or more of the references above. (Note: In some translations, the word "sabaoth" is translated "armies" instead of "hosts.")

2. Prayerfully read each passage below, recording the truth which stands out most to you about Jehovah-Sabaoth (the LORD of Hosts).

Psalm 24
 (The name appears in verse 10.)

Psalm 46
 (The name appears twice.)

Psalm 89:6-18
 (The name appears in verse 8.)

--	--	--

3. (Optional) Knowing the triune nature of our God, can we rightly think of the Father, the Son *and* the Spirit as Jehovah-Sabaoth (the LORD of Hosts)? Why or why not?

4. While the name “LORD of Hosts” appears more than 200 times in the Scriptures, its first mention is in the book of First Samuel. The context is a woman in emotional distress, facing a great obstacle over which she has no power.

- a. Read 1 Samuel 1:1–18, being sure to note verse 11.
- b. In light of what you now know about the LORD of Hosts, give at least two reasons Hannah would have “run” to God (prayed) using this particular name.

5. The name “LORD of Hosts” also appears in the familiar account of David and Goliath. Read or skim 1 Samuel 17:1–54, noting the references to fear and reading verse 45 aloud.

- a. In general, why were God’s people so afraid? (For example: overwhelmed, inadequate, etc.)

- b. Give several reasons David would have put his trust in (“run to”) the LORD of Hosts as he went to battle against Goliath.

6. Before beginning study this week, you read Isaiah 51 where the name “LORD of Hosts” is connected to the command “Do not fear.” Return to the text and read Isaiah 51:12–16 again.

- a. As Jehovah-Sabaoth, God is the LORD of creation, the LORD of angels, and the LORD of men. Which “hosts” do these verses emphasize?

- b. In this passage, underline at least four truths God’s people should remember in times of fear. When done, choose one to record below and contemplate more fully.

7. Read Psalm 9:9–10 aloud.

With the LORD of Hosts as our strong tower, we need never live in fear: we have a mighty God to whom we can run. Today, in whatever fears you are facing, will you pray from the heart as Hannah did, and as David, will you boldly put your trust in the LORD?

*A Mighty Fortress is Our God*³

by Martin Luther
(1483–1546)

A mighty fortress is our God,
a bulwark never failing;
Our helper He, amid the flood
of mortal ills prevailing:

For still our ancient foe doth seek to work us woe;
His craft and power are great, and, armed with cruel hate,
On earth is not his equal.

Did we in our own strength confide,
our striving would be losing;
Were not the right Man on our side,
the Man of God's own choosing:
Dost ask who that may be? Christ Jesus, it is He;
Lord Sabaoth, His Name, from age to age the same,
And He must win the battle.

And though this world, with devils filled,
should threaten to undo us,
**We will not fear, for God hath willed
His truth to triumph through us:**
The Prince of Darkness grim, we tremble not for him;
His rage we can endure, for lo, his doom is sure,
One little word shall fell him.

That word above all earthly powers,
no thanks to them, abideth;
The Spirit and the gifts are ours
through Him Who with us sideth:
Let goods and kindred go, this mortal life also;
The body they may kill: God's truth abideth still,
His kingdom is forever.

