



3b. The Cure for Fear

Recklessness isn't the cure for fear. It's foolishness. Proverbs 1 states that *"a wise man will hear and increase in learning and a man of understanding will acquire wise counsel ... the fear of the Lord is the beginning of knowledge; fools despise wisdom and instruction."* Be wise ... cautiously deal with the dangers of reality. Caution is not fear. A pandemic is dangerous ... don't be foolish ... be wise.

Be very careful ... face reality ... *but* don't be fearful. So how can you cure your fear? The answer is Jeremiah 17:7-8. "*Blessed is the man who trusts in the Lord and whose trust is the Lord. For he will be like a tree planted by the water that extends its roots by a stream and will not fear when the heat comes; but its leaves will be green, and it will not be anxious in a year of drought nor cease to yield fruit.*" You see, things will get hot ... the drought will come ... crises like pandemics do happen. The cure for fear is putting roots down deep into God ... trusting in the Lord ... your trust being the Lord. That is more than just an emotional attitude adjustment. Jesus said, "*If you continue in* [meaning abide in, live

in, be rooted in] *My word, then you are truly disciples of Mine; and you will know the truth, and the truth will make you free.*” That’s John 8:31-32.

Do you want to be free from the fear of COVID-19 or any crisis? Trust in the Lord ... and do what Jesus said. Spend time, a lot of time, in God’s word. Extend your roots into Him and into His Word.

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