

Christian Families Take Their Fears to the Lord

Introduction

Fear and worry can be crippling. They can affect our health, our happiness, our relationships, and our entire approach to life. If there is no answer to our fears or worries, they can take over and consume us. That's why it's so important for Christian families to take their fears to the Lord, confident that He has the answer to fear - both earthly fears and spiritual fears.

Scripture

1 Kings 17:7-16

⁷Some time later the brook dried up because there had been no rain in the land. ⁸Then the word of the LORD came to him: ⁹“Go at once to Zarephath in the region of Sidon and stay there. I have directed a widow there to supply you with food.” ¹⁰So he went to Zarephath. When he came to the town gate, a widow was there gathering sticks. He called to her and asked, “Would you bring me a little water in a jar so I may have a drink?” ¹¹As she was going to get it, he called, “And bring me, please, a piece of bread.”

¹²“As surely as the LORD your God lives,” she replied, “I don't have any bread—only a handful of flour in a jar and a little olive oil in a jug. I am gathering a few sticks to take home and make a meal for myself and my son, that we may eat it—and die.”

¹³Elijah said to her, “Don't be afraid. Go home and do as you have said. But first make a small loaf of bread for me from what you have and bring it to me, and then make something for yourself and your son. ¹⁴For this is what the LORD, the God of Israel, says: ‘The jar of flour will not be used up and the jug of oil will not run dry until the day the LORD sends rain on the land.’”

¹⁵She went away and did as Elijah had told her. So there was food every day for Elijah and for the woman and her family.

¹⁶For the jar of flour was not used up and the jug of oil did not run dry, in keeping with the word of the LORD spoken by Elijah.

Romans 8:28-39

²⁸And we know that in all things God works for the good of those who love him, who have been called according to his purpose. ²⁹For those God foreknew he also predestined to be conformed to the image of his Son, that he might be the firstborn among many brothers and sisters. ³⁰And those he predestined, he also called; those he called, he also justified; those he justified, he also glorified.

³¹What, then, shall we say in response to these things? If God is for us, who can be against us? ³²He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things? ³³Who will bring any charge against those whom God has chosen? It is God who justifies. ³⁴Who then is the one who condemns? No one. Christ Jesus who died—more than that, who was raised to life—is at the right hand of God and is also interceding for us. ³⁵Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? ³⁶As it is written:

“For your sake we face death all day long;
we are considered as sheep to be slaughtered.”

³⁷No, in all these things we are more than conquerors through him who loved us. ³⁸For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, ³⁹neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

Study

1. List of the most common fears that children have. Then list the most common fears or worries that adults have. In what way does the Bible story about Elijah and the widow at Zarephath provide courage for both children and adults as we face our fears? (Also see Jeremiah 29:11)

2. Psalm 46:10 says, "Be still, and know that I am God." Why do we find it hard to "be still"? How does knowing that the LORD is God help us to "be still"?

3. In Romans 8:37, Paul says, "We are more than conquerors." In what ways has God made us "conquerors"?

4. Paul wrote, "If God is for us, who can be against us? He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things?" (Romans 8:31,32). How does this statement enable us to overcome all our fears?

5. In Matthew 6:33 Jesus tells us to "seek first his kingdom," adding, "and all these things will be given to you as well." How can you apply these words of Jesus to your own life? To your life as a Christian parent?