



# reflecting Jesus

BETA

I have nothing to fear because my Father is King of our Universe,  
working everything out for my very best

21

?

*did you know...*

when we are connected to Jesus,  
we never need to worry... ever

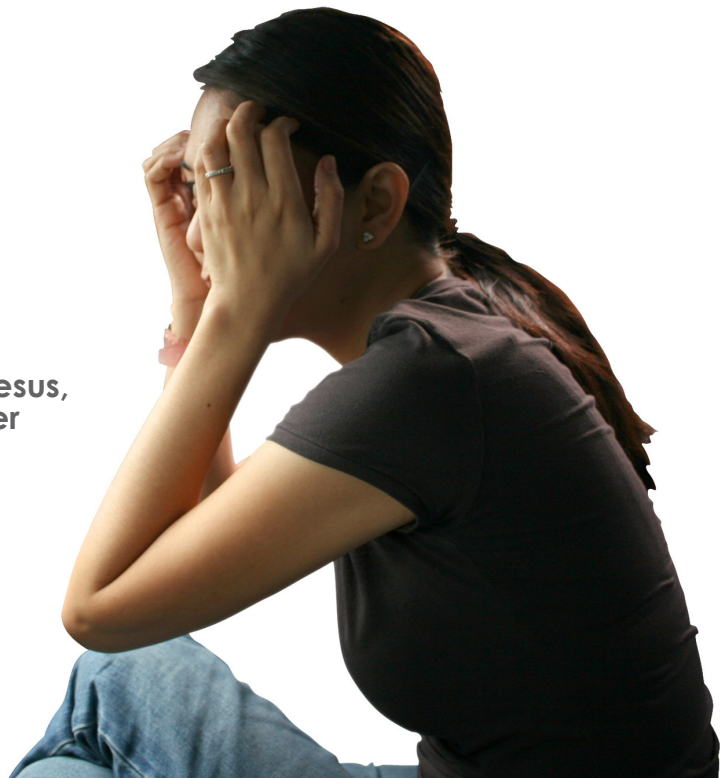


photo: sxc.greekgod



## *the facts of his story*

What reasons does the Bible give us for not worrying or be fearful?

1. Do not worry about the things you need because... ( Luke 12:22-28)

---

2. Do not worry about knowing the right things to say when people oppose your faith... (Luke 21:14-15)

---

3. Do not fear that God has rejected you because... (Isaiah 41:9-10)

---

4. Do not fear if God's plans appear too difficult because... (Joshua 1:6-9)

---

5. Do not fear that Satan is too strong for you because... (Romans 8:31-39)

---

6. Do not worry that you are not loved or special because... (Deuteronomy 7:6-8)

---

***The weakest of God's children, when connected to God, can overcome the greatest attacks that Satan can bring. So Satan resorts to controlling us by worry and fear. He knows that if he can make us scared and fearful, and we begin to make decisions based on these feelings, we will inevitably begin to let go of our confidence and hold on God.***



## *thinking it through*

1. From the texts that you have just read, which do you find the most comforting, and why?

---

---

2. Why do you think Christians worry and are fearful, even though God tells them not to?

---

---



## habits for reflecting the will of Jesus ~ eclipsing our fears

Every so often there is an eclipse of the sun. The moon covers the face of the sun, and the sky goes dark. The sun is still there, but it has been covered up so we can't see it. This idea will help us to understand how we can deal with, or "eclipse", our worries and fears.

### the choice is ours

There is an old rhyme that goes something like this,

Two men looked through old cell bars,  
One saw mud,  
The other saw stars.

Both these men were in an unpleasant place, but they chose to look at different things. One was inspiring, the other depressing. It's the same with us. What we see and experience in life depends on what we choose to look at. The truth is that for all of us, we have the chance to look at either the positive, or negative—for both exist.

What do you choose to look at? When you look at a rose, what do you notice first, the beautiful scented flower or the sharp thorns? When you are handed half a glass of water, is it half full or half empty? When you get up in the morning, do you start thinking of all the opportunities there are ahead, or are you quickly depressed by all the things you just know are going to go wrong?

The choice is ours.

### worry and fear begins in the mind

Worry and fear occurs in our minds, and it is with thoughts of worry and fear that Satan tries to control us. Satan tries to control us by thoughts of worry and fear. He knows that if he can make us scared and fearful, and we begin to make decisions based on these feelings, we will inevitably begin to let go of our confidence in God.

However, while there are things all around that can make us scared or worried, there are plenty of positive things too. So if we want to live lives that are free from worry and fear, we have

to learn to think differently—avoid falling for Satan's temptations—and thinking differently depends on what we choose to look at.

But what if we find ourselves in really difficult situations where there is nothing around us that we can see with our eyes that is positive? Well let's imagine that is true. Can we still live without fear and worry then?

### peace begins in the mind

Hebrews says that "By faith [Moses] left Egypt, not fearing the king's anger; he persevered because he saw him who is invisible." (Hebrews 12:27) In other words, Moses succeeded because he looked around him with eyes of faith. This means that when everything got difficult for Moses, he was confident that the promises of God to him would keep him safe and secure—so he didn't need to worry or fear. He could clearly see promises so wonderful that he didn't become depressed by



*Which is easier to see, an ugly or a beautiful woman?*

the anger, gossip, and infighting of the people all around him that he was leading to Canaan. Now we must be clear: the anger, gossip, and infighting were certainly there, but Moses was looking somewhere else, and that kept him positive and confident.

It was the same with Job. Job's children died when the roof of their house fell in, he lost all his wealth—his sheep, goats, and other animals to bandits and lightning. His wife nagged him to give up his faith, and he had painful boils. So how does anyone survive that?

At the end of the book of Job, God arrives to talk to Job, but God never offers one reason to explain why these things have happened. Instead, for four long chapters (Job 38-41) God

describes how wonderful, powerful, great and awesome he is, and when Job sees this picture of the greatness of his God, Job is content. The greatness of God had eclipsed this most painful of situations and brought Job peace.

### practising looking up

Colossians 3:2 says "Set your minds on things above, not on earthly things." So this is what we are going to practice—looking up by faith at what God has promised for us.

1. First, pray for the Holy Spirit to guide your thoughts. Also be prepared to be as honest as you can about how you really think and feel.
2. Next, in your Journal make three columns across your page/s.
3. In the first column, make a list of the things that cause you to worry, fear, or feel sad. For example, "I worry that people don't really like me."

4. In the second column, write how you would naturally deal with this situation, if you were not thinking about God. For example, "When I get worried about people not liking me, I go shopping for clothes so I can feel better about the way I look."
5. In the third column, write a promise, or something about God that you can think about, that "eclipses" the fear, worry, or sadness you are faced with. For example, "Deuteronomy 7:6 reminds me that God considers me his treasured possession. He thinks that I am very special and of great worth."

The object of this exercise is to practice always looking for the goodness of God. When surrounded by difficulties, this can be hard to do, but if you determine to "keep your mind on things above", your worries, fears, and sadness, will be eclipsed by the great love of God.



## putting the pieces together

In "the facts of his story", we looked at a number of reasons from the Bible that God says we do not need to worry or fear. According to the Bible, there is not a single reason we need to fear or worry, because God lives in us.

In "thinking it through" we began to think a little bit more about fear in our own lives.

In "habits for reflecting the mind of Jesus" we looked at the idea of "eclipsing" our worries and fears with God's promises. We can't make difficult situations go away, but we can choose to fill our minds with all the good things that God has promised, and to remind ourselves of how great and wonderful he really is.



## my time with God

What promises or truths about God from the Bible would you use to "eclipse" the following things:

1. Worry that I will not have enough money to pay my bills
2. Fear that others will not accept me
3. Worry that I am not good enough at my job, or in my studies
4. Worry for a future that seems depressing and without much hope
5. Worry that I am alone and without help
6. Fear that I am not good at anything to make a difference in the world



## pass it on!

Could you teach someone the practice of "eclipsing" fear and worry?



## extra help

1. Steps To Christ, chapter 13, Rejoicing in the Lord.