

International Bible Lessons

“Teaching the Truth in Love”

Sending International Sunday School Lessons and Bible Studies Around the World
L.G. Parkhurst, Jr.

How Do You Face Your Fears?

The *International Sunday School Lesson* for Sunday, December 12, 2010
Isaiah 41:8-10, 17-20

“Do not fear, for I am with you; Do not anxiously look about you, for I am your God. I will strengthen you, surely I will help you, Surely I will uphold you with My righteous right hand” (Isaiah 41:10—NASB-U).

“Do not fear, for I am with you, do not be afraid, for I am your God; I will strengthen you, I will help you, I will uphold you with my victorious right hand” (Isaiah 41:10—NRSV).

“Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness” (Isaiah 41:10—KJV).

Throughout the history of Israel, kings, priests, prophets, and people made individual choices to worship either the true God, who led them out of Egypt and into the Promised Land, or the gods of their neighbors. Sometimes their kings led them to worship false gods by adding the worship of false gods to their worship of the true God. When they worshipped the false gods of the Canaanites and the nations around them, these idols failed them. Sometimes God disciplined them in order to lead them back to faith and obedience. When God’s people turned away from false gods to serve the true God according to God’s law, God proved almighty, wise, and faithful to help His people in every situation. Today, the true God remains true to all of His faithful followers.

The Creator of all the universe wants us to choose Him for our God. He wants us to establish a day-by-day personal relationship with Him. If we choose to trust in the true God, then we do not need to be afraid when the merchants of fear try to enslave us through fear of the future. When we feel tempted to be afraid, we can remind ourselves that if we remain on God’s side, then God will be close to us no matter what happens. God will strengthen us to endure any hardship or suffering. God will help us with our problems and uphold us when we might otherwise be overwhelmed. God will give us the power to achieve victory against overwhelming odds.

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Questions for Further Thought

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1. What do you think about being a friend of God and Jesus the Messiah? How does that make you feel personally? How might you become a better friend to them?
2. Have you ever felt as though God had cast you off? What helped you deal with that feeling? How might you use these verses from Isaiah to encourage someone who feels cast off by God? How can the Lord's discipline make us feel as though we are cast off? What are your thoughts about discipline and Revelation 3:19?
3. When God is present with us, describe the kind of Person who is with us. How does knowing the kind of Person God is make you feel, especially in times of trouble? In times of lacking material necessities, how can God's presence make a difference?
4. If someone feels spiritually dry, what can they do to become satisfied?
5. Read these verses once again. What one verse seems to be the most encouraging verse to you? Give a reason for your answer. Pray for someone you know who may need spiritual refreshment. What might you do to help them?

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