



Do Not Be Afraid

By Lucy Wall

The introduction and spread of the Coronavirus across the Globe has brought an incredible amount of disruption and uncertainty into our lives. It's easy to be filled with feelings such as fear, anxiety and worry in these troubling times and so I felt inspired to write a poem called "Do Not Be Afraid" in the hope that it can be encouraging and up-lifting.

As we face the unknown I pray that we can bring every thought into captivity to the obedience of Jesus Christ as so often the battle against fear starts in the mind! May we be anxious for nothing as we bring our troubles before our mighty, sovereign God and remember that no matter what problems we may be facing, Jesus is the answer!

There's no denying that life can get pretty scary but when we have the Creator of the Heavens and the Earth leading the way we know we're in capable hands. With Christ at the helm we need never be afraid.

Do not be afraid my soul, do not fear the dim.
Cast your cares before the Lord and leave them there with Him
For Jesus is your Anchor, your ever-faithful Light.
Though darkness now descends, Your God *will* guide you through this night.

Look to Your Redeemer, do not give fear a home.
Turn your problems into prayers before His mighty Throne!
For fear will only cripple you as cares and woes increase,
This fierce and ruthless enemy will rob you of your peace.

Overcome it's presence with the power of the Sword!
Cast down imaginations with the Holy Word of God!
Demolish every argument and every wicked thing,
Every lie that's set against the knowledge of your King!

Bring all into captivity and under Jesus' power!
Remember He is your Defence, Your strong and mighty Tower!
Though everything around you is sinking in the sand,
Christ is your Provider and the Rock on which you stand!

Take your heart's anxieties before your Sovereign King
Then see how problems shrink in size and cower next to Him!
For He is Everlasting and holds you in His palm.
He knew how He would see you through before this world began!

Yes Jesus knows your trouble, He hears your desperate pleas
So look upon this threat and let it drive you to your knees.
Drive you to your knees in prayer! Kneel before His Throne!
This battle is already won by Christ and Christ alone.

So do not be afraid my soul, you have all that you need.
Your Father has equipped you with the weapons to succeed!
Use the mighty Word of God and see the power there!
Then storm the realms of Heaven with the fervency of prayer!



Know that Christ is in control and God of all the Nations
So give Him praise and honour for He hears your supplications.
Rest within His presence as you stand on solid ground,
Let Him fill you with a peace that baffles all around!

Call upon His mighty name, appeal without restraint,
Your Father hears your prayers for you are numbered with the saints.
We are more than conquerors! His love will never fade.
Through Christ we are victorious so do not be afraid!

2 Timothy 1:7

*"For God has not given us a spirit of fear, but of power
and of love and of a sound mind."*

2 Corinthians 10:4-5

*"For the weapons of our warfare are not carnal but
mighty in God for pulling down strongholds, casting down
arguments and every high thing that exalts itself against
the knowledge of God, bringing every thought into
captivity to the obedience of Christ."*

Philippians 4:6-7

*"Be anxious for nothing, but in everything by prayer and
supplication, with thanksgiving, let your requests be
made known to God; and the peace of God, which
surpasses all understanding, will guard your hearts and
minds through Christ Jesus."*

Psalms 57:1

*"Be merciful to me, O God, be merciful to me!
For my soul trusts in You;
And in the shadow of Your wings I will make my refuge,
Until these calamities have passed by."*