

No matter where you are, the Lord is with you. Even in the midst of your fears, He is there with you. The moment you begin to be aware of His presence and cultivate His presence, all your fears, anxieties, and worries will melt like butter on a hot day, or as the psalmist David puts it: "The mountains melt like wax at the presence of the LORD."

You cannot psych yourself out of worry or fear. You cannot just tell yourself: "Come on, stop worrying and being fearful. There is nothing to worry or be fearful about." That doesn't work. It takes the presence of the Lord to keep you free from worry and fear. Jesus is not asking you to psych yourself up and live in a state of denial. No! He is saying to you: "In the midst of your afflictions, I am your shield. I am your defender. I am your fortress. I am your refuge. I am your supply. I am your healing. I am your provider. I am your peace. I am your joy. I am your wisdom. I am your strength. I am the glory and the lifter of your head!". (Psalm 3:3) Hallelujah!

He is not asking you to pretend that the facts are not there. He wants you to realize that He is there with you! When you know that He is with you and for you, and you put your problems and challenges in His mighty hands, you will begin to get a more accurate evaluation of just how 'big' your problems really are. When they were in your hands, the weight and burden of your problems and challenges may have crushed you. But when you involve Jesus, the once-monumental problems become microscopic against the largeness of His power, His love and His goodness toward you! Know that Jesus is your supply, wisdom, peace, and strength.

Psalm 97:5 "The mountains melt like wax at the presence of the LORD."