

# Take 5! Fear and Faith



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### Fear and Faith

Please Take 5! minutes and go before God in prayer. Confess to Him any sin and ask Him to fill you with His Holy Spirit. Please read John 20:18-22.

*18 Mary Magdalene found the disciples and told them, "I have seen the Lord!" Then she gave them his message. 19 That Sunday evening the disciples were meeting behind locked doors because they were afraid of the Jewish leaders. Suddenly, Jesus was standing there among them! "Peace be with you," he said. 20 As he spoke, he showed them the wounds in his hands and his side. They were filled with joy when they saw the Lord! 21 Again he said, "Peace be with you. As the Father has sent me, so I am sending you." 22 Then he breathed on them and said, "Receive the Holy Spirit."*

Prior to this portion of Scripture, Jesus had just risen from the dead. Early resurrection morning, Mary Magdalene went to the tomb to be with her Lord. Finding the tomb empty, Mary stood outside the tomb and wept. Suddenly, Jesus appeared to Mary and spoke to her.

**What did Jesus tell Mary to do?**

He sent her on her first missionary journey—to tell the disciples He had risen! Jesus gives us the same instructions—tell others we have seen the Lord and He has spoken great things to us.

**Name something God has spoken to your heart.**

Later that day, the disciples gathered together (because of *fear* and because of *faith*), perhaps to pray and to discuss the earthshaking, stone-rolling events that had recently occurred.

**Read verse 19 and record the word used to describe the doors.**

**Why were the doors locked?**

They were locked because of *fear*. All the disciples were gathered in one small room. Locked in. Locked down.

That's what fear does; it entraps us and keeps us small.



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*Fear* locks us in and prevents us from fulfilling God's calling on our lives. *Fear* kills joy. *Fear* steals purpose. *Fear* destroys ministry. Kills ... steals ... destroys. Satan's calling card. But suddenly—Jesus appears. He meets us in the middle of our fear ... and everything changes. Doors unlock. Windows open. Prisoners freed.

*Faith* frees.

**What does Jesus tell the disciples (verse 21)?**

Draw close to Jesus and receive a fresh breathe of the Spirit and go. *He is sending you.*

## Antidote for fear ...

1. Remember Jesus is with you in your fear, amid the flames, and among the waters; bringing down walls and giants.
2. Meet with Jesus. It will turn your fear to joy.
3. Receive the spirit. God did not give us a spirit of fear, but of power, sound mind and love.
4. Continue to do God's work. Do it afraid.

Remember,

fear traps, faith frees.



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Have a blessed day.

Mary Kane

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