

saying to the disciples “Why are you so afraid, O you of little faith?”. Again from Jesus point of view there was nothing to be afraid of. The disciples were amazed, “What sort of person is this that can quell the storm?”

The truth is that Jesus can always deal with the problems in our lives and that we do not need to be afraid. In the Bible again, in the book of Hebrews, we are told that “Jesus, by the grace of God, tasted death for every one..... so that He might deliver those who through fear of death were all their lifetime subject to bondage”. Bondage describes a spiritual captivity that stops us being free to live without fear. Fear is ultimately a fear of death because death is the one thing no one has the answer to. Except Jesus of course. He rose from the dead and gives eternal life to all who will receive Him.

In the bible there are exactly 365 “Fear not” s, one for every day of the year. Perhaps God is say-

ing something to us all. “Be not afraid, only believe. I have given my Son for you; He died for you and rose again for you. He is Lord of all and in control. Trust Him, trust Him to take away your sin, your unbelief, your fear and give you eternal life”. When Jesus is in our lives He can quell the storms and give us grace to cope with our crises. There is someone to help, the Lord Jesus Christ. Receive Him today.

Pray the prayer below

Dear Lord Jesus

Thank you for helping me when I could not help myself. I confess to you that I have sinned and done things against the will of God. Please forgive me and cleanse me from all my sin. Please come into my heart and change me so that I can truly serve you for the rest of my life. I realise that without you I have no hope in this world but that with you I have eternal life

Lord Jesus thank you. I now belong to you and I rejoice in you as my Saviour and can now truly call you Lord. Amen



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**FEAR
Not!**



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► Fear NOT!

When one listens to radio or TV news bulletins there is so often the hint of fear in the background. It is the same with newspapers as they try to generate anxiety and stress in the news they provide. Fear of disasters, fear of sickness, fear of financial crises, fear of accidents and so on. The implication somewhere in the newscast is that it can happen to you. So many people's lives are dominated by fear. Some folks "appear not to be happy unless they have something to worry about".

It does seem that where countries move further away from a "trust in God" that fear becomes the dominant factor in the Nation and in individual lives. If there is no one to look to and to trust for help then it is almost

inevitable that people will be insecure as to their future and what will happen next in their lives.

In the Bible there was a man named Jairus. He is famous for having a sick daughter whom Jesus raised from the dead. Jairus went to find Jesus when his daughter was sick, to beg Jesus to come to his house and heal his beloved, only child. Jesus was delayed in arriving due to other needs and the crowds which always followed him. In Mark's gospel chapter 5 we read the account of the events and discover that before Jairus and Jesus and the disciples arrived at Jairus's house a messenger came to them. The message was saying that the little girl was dead. "Don't trouble Jesus anymore" the messenger cried. News full of fear, full of unbelief bound to create panic in the heart of poor Jairus, anxious enough already. Jesus immediately counteracts the news with "Be not afraid, only believe". Jesus knew what would hap-

pen in all their minds, when they heard the news but passes on the lack of fear, rather the faith, that was on His own mind. The outcome - the little girl was raised from the dead and restored to her parents. There had never been any need to be afraid. Jesus was in control.

We can also read in Matthew's gospel chapter 8, of the great storm that came up on the lake of Galilee. Jesus was asleep in the bottom of the boat while the waves were all crashing into the boat, almost sinking it. Jesus is woken up and quells the storm

