

FEAR FEELS LIKE FOREVER

Is there someone in your life who, when you are with them, makes you feel at ease and not afraid? As a child, that was my dad. I could do things with my dad that I was afraid to do on my own. A dark hallway that I would never go down alone was no worry at all while walking side by side and hand in hand with my dad. The scary thoughts of failure and pain the first time I tried to ride my bike without training wheels were held at bay because my dad was running alongside and holding my steady until I figured it out.

There have been other people in my life that have had a similar effect, but none more so than my wife. There have been moments when I began to fear because I didn't know exactly what I would do nor did I know where I, and my family, would be. To have her holding my hands and tell me that no matter what we were doing and no matter where it took us she would be right beside me, pushed those fears back.

Fear and anxiety have plagued humanity since the first humans were sent away from the presence of God in the beginning. Fear also feels stronger when we are alone. Think about a day spent with someone you love and trust. At the end of that time, we would probably say that the day flew by and we wished it could have gone on longer. Now, think about a day spent alone with fear and anxiety. You would probably say that you felt like that day would never end.

In Psalm 13, David was feeling that way. I encourage you to read the psalm right now (it's only six verses) because you can really feel the writer's emotions as he gives voice to questions that we have asked if only in our head or heart. In verses 1-2, he asks four questions which all begin, "How long..." In verses 3-4, there is consideration. As David continues to consider his circumstances, he hopes that the LORD will consider him and his situation also. The psalm ends (like most of them do) with David's confidence in his God.

How can we have that same confidence even when we feel anxious or afraid? It comes down to trust, and you are not going to put much trust into someone with whom you have no relationship. Why do we trust certain people? It's because we talk to them and they talk to us. We share our thoughts and hopes with them and they with us. We have grown close and know they care about us and want what is best for us.

Does this describe your relationship with the LORD? He talks to you (through his word) - are you listening (reading his word)? Are you talking to him (praying)? Do you share your hopes, and even your worries and fears, with him? He wants to hear about them and he cares for you. Without that relationship, you will feel alone. When you are alone, fear gets magnified, and fear makes the struggle feel like forever.

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