

**Then God said...**

### **DO NOT BE AFRAID**

**When I was a child, I was afraid of the dark. My mom allowed me to have a night light in my bedroom, and somehow, that always gave me great assurance. There was light in the darkness. God knows that we all will encounter fear and darkness during our earthly lives. In the Bible, God says, “Fear not!” or “Be not afraid!” over 100 times. The Bible speaks clearly about overcoming fear, anxiety and darkness in our daily living. At Easter especially, we are given the gift of God’s assurance that He is in control.**

### **PICTURE**

**The Bible describes darkness at Jesus’ death this way. *“There was darkness over the whole land until the ninth hour, while the sun’s light failed.”* (Luke 23:44-45) Jesus died on the cross. Instantly there was darkness in the lives of His friends and followers. They lost hope, and they were afraid. What would happen next? But just as He did over and over again in the Bible, God provided assurance to them.**

**Then God said through his messengers, *“Do not be afraid.”* The women went to Jesus’ tomb, and there, an angel said to them, *“Do not be afraid. I know that you are looking for Jesus who was crucified. He is not here; for He has been raised, as he said.”* (Matthew 28:5-6a)**

**Do not be afraid. The Lord is risen! All that God promised is true. Jesus paid the penalty for our sins on the cross to give us abundant life today, and then he rose from the dead to give us eternal life in the future.**

**Do not be afraid. God has triumphed over sin and evil and death. The victory is won! Start reading the Bible, and highlight the referenced scriptures. These words of truth will help you overcome any fear and anxiety you have. You will feel God's Spirit enlightening you and strengthening you along the way.**

**“Enlightening” you.... Like a night light in a dark bedroom for a little child, except it is so much more, God tells us “do not be afraid.” *“The light shines in the darkness and the darkness did not overcome it.”* (John 1:5)**