I. FIRST, THERE ARE TWO COMMANDS.

A. First Command: “Do Not Fear”

1. Israel must have been literally gripped with fear because Isaiah told them three times in this chapter not to be afraid—v. 10, 13, and 14.

2. It’s important to remember that fear doesn’t come from the Lord. It’s a self-inflicted wound according to 2 Tim 1:7 KJV.

   “God has not given us a spirit of fear, but of love, power and self-control”.

B. Second Command: “Do Not Be Dismayed”.

1. The word “dismayed” means to be confused, discouraged or without understanding.

2. Today we might say it like this “Quit trying to figure out what God is doing”.

3. Israel was dismayed because God allowed the Babylonians to defeat them and carry them off into slavery.

4. Their dismay was caused by a short memory. They had forgotten that every prophet God sent warned them about this possibility due to their rebellion against God.

5. I’ve heard it said that God may also be using Covid-19 to call us back to Him as individuals and as a nation.

6. Isaiah would remind Israel later to stop trying to figure out what God was doing and instead accept responsibility for their own dilemma—Isa. 55:6-9.

II. SECOND, THERE ARE FIVE CURES FOR OUR FEARS.

A. Verse 10 begins with the word “So”. It’s also translated “because”.

B. What follows are five reasons or cures for both fear and dismay.

1. First, don’t be afraid because God is with you—“I am with you”.

   a. When we are afraid God doesn’t just give us a reason not to be afraid. He gives us Himself.
b. King David knew this—**Psalms 23:4**.

c. Notice that God used the personal pronoun “I”. He doesn’t delegate this promise to calm our fears to an angel. He comes to us **Himself**.

2. **Second**, don’t be afraid because we belong to God: “**I am your God.**”
   
a. Not everyone can expect this kind of personal treatment when we are afraid.

   b. Only those who know God can expect to be comforted by Him.

3. **Third**, don’t be afraid because of God’s strength— “**I will strengthen you**”.
   
a. The apostle Paul experienced God’s strength—**2 Cor. 12:9**.

   b. So we too can **rest** on God’s strength in times of fear.

4. **Fourth**, don’t be afraid because of God’s help: “**I will help you.**”
   
a. This is a reminder that we aren’t **alone** when times get tough.

   b. Others may abandon you, but God never will.

5. **Fifth**, don’t be afraid because God **upholds** you: “**I will uphold you.**”
   
a. Israel had been guilty of worshipping **powerless** idols—**Isa. 41:7**.

   b. Notice idols must be **nailed** down so they won’t turn over.

   c. God, on the other hand, is the one who “upholds” us in his **hands**—**John 10:28-29**.