

Nameless Fears

1. When we are facing nameless fears it is by carving out quiet moments of rest with God that will restore our brokenness (Psalm 23:1-3).
2. When we are facing nameless fears at the low points in our lives we find comfort in God's gentle prodding of us in a more healthy direction (Psalm 23:4).
3. When we are facing nameless fears because those who would harm us are lurking around that our souls are fed and nourished by God's reassurance of our permanent love relationship with Him (Psalm 23:5-6).

Action point:

Are you in the valley of the shadow? Then carve out some time in your schedule to be quiet before Him. Take a half-day to go to a park with a notebook, a pen, and your Bible. Write down your thoughts, glance through the Psalms till you find one that seems to touch a cord with where you are. Read it and take notes on it. Walk around, down a trail and pray for God to give you insight. These are soul-restoring times and they are crucial to our spiritual health. It is at those times that we sense the Lord's prodding or redirecting of our lives. Let him lead your life at that point and you will be blessed.