JANUARY 25, 2026

PSALM 27 VERSE 1; THE LORD IS MY LIGHT AND MY SALVATION; WHOM SHALL I FEAR? THE LORD IS THE STRONGHOLD OF MY LIFE; OF WHOM SHALL I BE AFRAID?

HE IS LIGHT! HE RIDS US OF DARKNESS. HIS LIGHT COVERS US IN SICKNESS, COVERS US IN FEAR AND IN INSECURITY. HIS LIGHT IS ALWAYS AVAILABLE. YOU JUST HAVE TO ASK! HE IS OUR SALVATION; OUR FUTURE, OUR SAFE PLACE. HE SHELTERS US AND COMFORTS US. GIVEN THOSE TERMS OF LIGHT AND SALVATION; IF WE BELIEVE AND PRACTICE THIS GIFT, HE IS OUR STRONGHOLD. HE CAN FIGHT OFF OUR WORST FEARS. AND IN DOING SO, PROTECTS US FROM THOSE THINGS LURKING IN OUR MIND.

IF WE LIVE BY THE WAY OF THE WORLD, WE WILL HAVE PLENTY OF FEAR AND DOUBT. IF WE LOOK TO THE WORLD FOR OUR INTERNAL CONSCIENCE, WE ARE IN TROUBLE. WE CAN ALWAYS FIND SOMETHING TO BE AFRAID OF BY WATCHING THE WORLD NEWS. BUT IF WE LIVE BY OUR FAITH AND THE GUIDING LINES OF SCRIPTURE, WE CAN HAVE CONFIDENCE THAT NO MATTER WHAT WE FACE, WE DO NOT HAVE TO FACE IT WITH FEAR.

WHEN WE ARE LOVED WITH HIS PERFECT LOVE IT CASTS OUT FEAR. CHRIST DIED BECAUSE HE LOVED US. HIS LOVE IS UNCONDITIONAL. IT DOESN'T DEPEND ON OUR GENDER, RACE OR ECONOMIC STANDING. WE ARE SECURE IN HIS LOVE. THERE IS NO ROOM FOR FEAR WHEN WE LIVE IN HIS LIGHT AND HIS LOVE. (REPEAT) LIVE EACH DAY IN THE SECURITY OF HIS LOVE.

WE HAVE NOTHING TO FEAR BUT FEAR ITSELF; ROOSEVELT? SO LETS CAST OUT OUR FEARS AND LIVE IN AND FOR CHRIST. OUR FEARS IN THIS WORLD SOMETIMES TAKE FRONT SEAT OVER OUR POSITION AS A CHILD OF CHRIST. WE ARE AFRAID OF DEADLINES, NEW SITUATIONS, HEALTH PROBLEMS, FINANCES, RELATIONSHIP ISSUES. I CHALLENGE YOU TO TAKE EACH AND EVERY FEAR YOU ARE FACING AND GIVE IT THE PRAYER AND LIGHT IT DESERVES. PUT IT AT THE CROSS. PRAY ABOUT IT. TURN IT OVER AND FEEL THE CHANGE IN YOUR HEART AND YOUR MIND. SEEK HIS FACE AND LET HIM HANDLE THE FEARS. BEFORE THE MEETING, BEFORE THE GAME, BEFORE THE FAMILY GATHERING, BEFORE THE

PLANTING SEASON OR THE HARVEST, BEFORE GOING INTO WORK. LET GO AND LET GOD.

ANOTHER WAY TO FACE THE FEAR AND REDUCE IT IS TO LOOK FOR GOD AT WORK IN THE WORLD. EVERY SUNDAY I AM HERE, AS I WATCH EACH OF YOU GREET EACH OTHER WITH LOVE AND JOY I SEE GOD AT WORK. I SEE GOD AT WORK IN NEIGHBORS HELPING ONE ANOTHER. I SEE GOD AT WORK AT THE CHURCH FOOD PANTRY. I HEAR GOD AT WORK WITH THE PRAYER LISTS AT BOTH CHURCHES IM INVOLVED IN. I SEE GOD AT WORK WITH THE WELCOME AND SUPPORT I HAVE RECEIVED HERE. LOOK FOR GOD AT WORK INSTEAD OF LOOKING FOR THINGS TO BE AFRAID OF. THERE IS FEAR WHEN WE FACE CHRONIC ILLNESSES. I BELIEVE JESUS WOULD WANT US TO KNOW THAT HE WALKS WITH US. HE WOULD WANT US TO FOCUS ON HIS WORKS SUCH AS THE FLOWERS THAT BLOOM IN THE SPRING, THE SUNSHINE, THE DAYS THAT ARE GETTING LONGER, THE CONVERSATION YOU HAD WITH SOMEONE THAT WENT WELL, THE SUNSETS. THOSE ARE HIS GIFTS FOR US TO THINK ABOUT INSTEAD OF WHAT WE FEAR.

AND FROM A COGNITIVE BEHAVIORAL PERSPECTIVE, WHAT ARE THE CHANCES THAT THIS FEAR WE HAVE ARE ACTUALLY GOING TO HAPPEN? HOW LOGICAL ARE OUR FEARS? CAN WE DO SOMETHING ABOUT IT? IF WE CAN, THEN TRY TO DO THAT. IF NOT, THEN AS THE SONG FROM FROZEN GOES; LET IT GO, LET IT GO....CONTROL VERSUS NO CONTROL. DO WE HAVE CONTROL OVER IT? IF SO, TRY TO DO SOMETHING, IF NOT, REALIZE IT IS OUT OF OUR CONTROL. WALKING HELPS TO ALLEVIATE FEAR. ANY KIND OF EXERCISE WILL HELP. DO SOMETHING FOR SOMEONE ELSE. LEARN A NEW SKILL.

WE ARE CALLED TO MEET FEAR WITH LOVE. LOVE CAN CLEAR OUR THOUGHTS AND OUR HEARTS. LOVE OVERIDES FEAR. LOVE IN ACTION TAKES MANY FORMS. THE LEADERSHIP HERE IS A FORM OF LOVE. THE STEWARDSHIP IS A FORM OF LOVE. THE MAINTENANCE OF THE CHURCH BUILDING IS AN ACT OF LOVE. TEACHING SUNDAY SCHOOL AND ATTENDING IS AN ACT OF LOVE. SO WHEN WE BEGIN TO THINK ABOUT SOMETHING WE FEAR, THINK ABOUT YOUR INVOLVEMENT IN THOSE ACTS OF LOVE THAT YOU DO IN JESUS NAME. IN THE NAME OF BEING A CHRISTIAN. AND INSTEAD OF FEARING WHAT COMES NEXT

SING THE WORDS TO THIS LITTLE LIGHT OF MINE, I'M GONNA LET IS SHINE, THIS LITTLE LIGHT OF MINE, I'M GONNA LET IS SHINE. KEEP THE TUNE, KEEP THE WORDS, KEEP THE LOVE OF CHRIST IN YOUR HEARTS.