

## A BIBLICAL STUDY ON FEAR

### LESSON TWENTY-TWO: GOD HOLDS MY HAND

by Sandy Harber

"For I the Lord thy God will hold thy right hand, saying unto thee, Fear not; I will help thee. " Isaiah 41:13

A friend was discussing her experiences in the hospital where she faced a scary situation but she was at peace because she pictured God standing by her holding her hand. I really liked the idea of God holding my hand when I was afraid, especially during medical procedures. I had to undergo several diagnostic procedures at the time which frightened me. So I tried focusing on the image of God beside me holding my hand. And it worked! I felt peace in the midst of what was for me a trial. My "ordeal" wasn't so bad, after all. I was amazed that this change of perspective worked so well for me.

Isaiah 41:13 is just three verses beyond Isaiah 41:10, which we looked at in lesson 12. "Fear thou not, for I am with thee," God said. We looked at several verses where God promised to be right there with us so that there was nothing to fear (Psalm 46:1-2; Joshua 1:9; Isaiah 41:10; Deuteronomy 31:6; Psalm 118:6). In verse 13, God brings His presence a little closer when He promises to hold our hand. Specifically, the right hand, the hand of authority and power.

And, look Who is making this promise. "I," the Lord, personally holds our hand so we have no fear. He doesn't delegate this task to an angel, the pastor, or a Christian friend. God is doing this for us Himself. And He makes this pledge using His covenant name Jehovah ("LORD" in the King James Version). The great I AM THAT I AM (Exodus 3:14) that delivered His people from bondage through power and the execution of many miracles. This great Being is "thy God." He is my own personal God. He is your own personal God. He belongs to us in the sense that He is the only deity that we recognize. We worship Him alone. Because He is Elohim, translated "God" in this verse, Who is the Creator of all things.

My Creator has promised to hold my hand. The Hebrew word translated "hold" means "to fasten upon; fortify; strengthen; cure; help; encourage; to be of good courage; become mighty." God will fasten onto my right hand and this will give me strength and courage.

And while He holds my hand He speaks to me, telling me two things: fear not and I will help you. One is negative and one is positive. The negative command is "fear not." The Hebrew word translated "fear" is that most commonly used word (150 times), which means "frighten; afraid; dread." The positive promise is "I will help thee." The Hebrew word translated "help" means "to surround; protect." God Himself has promised to surround us with His protection.

God commands us not to be afraid. "Fear not," He says. Why? Because He is right there with us, holding our hand, and surrounding us with this protection. Try focusing on this picture of your Creator holding your hand the next time you face something fearful.

*"Fear thou not, thou worm Jacob, and ye men of Israel; I will help thee, saith the Lord, and thy redeemer, the Holy One of Israel." Israel 41:14*