

## Feed Your Faith

You can either feed your fear or you can feed your faith but you can't feed both...

~Max Lucado

Max has got a very good point here. You can choose to feed fear, which breeds more fear, OR, you can feed your faith which grows more faith. Which will it be?

**"Those who are right with me will live by faith. But if they turn back with fear, I will not be pleased with them."**

Hebrews 10:38 NCV

I can't help but think of David during these days of fear. So many times he was put in distressing situations and so many times he chose faith over fear...

**"But in the day that I'm afraid, I lay all my fears before you and trust in you with all my heart."**

Psalms 56:3 TPT

He writes about faith over fear again and again throughout the Psalms. He even gives advise directly to us today...

**"Listen to my testimony: I cried to God in my distress and he answered me. He freed me from all my fears!"**

Psalms 34:4 TPT

It's so easy these days to read fb posts from people who are breeding unnecessary fear and of course every news channel will do the same...

**"The fear of human opinion disables; trusting in GOD protects you from that."**

Proverbs 29:25 MSG

It's so important right now to not let fear win. We need to trust in God and His promises to us...

**I am the LORD your God, who holds your right hand, and I tell you, 'Don't be afraid. I will help you.'"**

Isaiah 41:13 NCV

Now is the time to stand strong like David in the face of fear. Lean on God and grow your faith and trust in Him...

**"The LORD is my light and the one who saves me. So why should I fear anyone? The LORD protects my life. So why should I be afraid?"**

Psalms 27:1 NCV

My prayer for us today is that we choose to feed our faith and not our fear. May we take a lesson from David during these truly fearful times and realize that we don't need to be afraid because we have a God who is faithful...

**"His massive arms are wrapped around you, protecting you. You can run under his covering of majesty and hide. His arms of faithfulness are a shield keeping you from harm. You will never worry about an attack of demonic forces at night nor have to fear a spirit of darkness coming against you."**

Psalms 91:4-5 TPT

Amen