

Teen Topics

Fear (Part 1)

The Issue:

Everyone seems to wrestle with some sort of fear. In this series, we will look at a number of these fears and see what Scripture says is the key to overcoming them. Let's begin with the fear that often comes with the uncertainties of the future. With all of the big decisions that need to be made in life, along with preparing for college and a career, the many unanswered questions about the future can seem quite scary.

What does the Bible say?

Even David had a fear of the future. When his popularity grew in Israel and he was anointed to be the next king, Saul became very jealous and tried to kill him. Note what these verses show about David's fear:

> [1 Sam. 21:10-12](#) – David fled from Saul and was even afraid that other people (such as Achish) would turn him in.

> [1 Sam. 22:1; 23:14-15](#) – Because of his fear, he hid from Saul in a cave, as well as in the mountains and in a forest.

Psalm 34 is David's response to the situation in which he found himself. Notice how David was able to come to grips with his fear:

> [Ps. 34:4](#) – He sought the Lord, openly telling Him of his fears.

> [Ps. 34:8](#) – He had confidence and peace in God's goodness.

> [Ps. 34:17, 19](#) – He knew God was aware and in control.

What should I do?

We have an all-powerful God who cares for us. We can give all of our concerns about the future over to Him, allowing Him to do with them as He wills. When we trust Him, we can move forward with confidence, instead of fear (note [Matt. 6:25-34](#)).