

Antidote To Fear - (A Shepherd's Cure)
Psalms 23

Fear is a constant companion to some.

Fear (and worry) about the future has been known to keep some from taking necessary action. We need to find a way to remove fear of the future from our minds. The shepherd that became king gives a way to overcome fear. With the Lord as our guide (shepherd) we have no need to fear.

“The Lord Is My Shepherd, I Shall Not Want.”

He makes me lie down in green pastures; He leads me beside quiet waters.

He restores my soul; He guides me in the paths of righteousness For His name's sake.

Since the Lord watches over and cares there is no need for fear of what happens today. I have what I need. I have rest, peace & comfort. I am given the path to follow.

Even though I walk through the valley of the shadow of death, I fear no evil, for You are with me; Your rod and Your staff, they comfort me.

Even when my day seems dark and the way strewn with hazards, His guide and care protect and comfort me for He is ever at my side.

“You Prepare A Table Before Me In The Presence Of My Enemies;”

Our fear sometimes holds us back because we think others will bring harm and hurt. God provides a path that will bring us peace. God will provide even when our enemies seek to destroy. - **Proverbs 16:7**

The only path that will bring peace is the way that has been directed by our Shepherd. It instructs us to seek the good even of those who would want to harm us. - **Matthew 5:43-48; Romans 12:17-21**

The path given by God will eliminate a great number of the difficulties we will face.

Even if we are not successful at ending enmity, we can live without fear of what they might do to us here. - **Matthew 10:28**

With our Shepherd guiding we will overcome even death.

“You Have Anointed My Head With Oil;”

At times fear is a result of a lack of purpose. Because we are not certain of what we are to do, we become fearful and worried.

God has set us apart for a purpose. - **1Samuel 16:13**

We are set to shine the light of God's Word in this dark world. We have a clear reason for being. We are God's! - **1Peter 2:9-10**

Our purpose is to teach the Truth. We need not fear uselessness for we have been given the task of shining God's Light of truth to all. We have been given the goal of reaching Heaven. - **1John 2:20-27**

“My Cup Overflows.”

Some fear a future of loss and emptiness. They are afraid they will grow older and lose friends, family or possessions and be left alone and in need.

The shepherd David tells us that with the Lord as our Shepherd we need never fear loss for God's blessings will be more than we need. - **1Kings 17:8-16**

As with the bowl of flour & jar of oil, God will provide. If not physical things, certainly spiritual blessings and knowledge. - **Ephesians 3:17-19**

Our fear of loss is not only a fear of losing items & friends. It also involves a fear of a life without purpose. A life with no accomplishment.

But with the Lord to guide we will be filled with accomplishment. We will produce much good through living in accordance with God's plan. - **Philippians 1:9-11**

An exceeding measure is ours when we let God lead. We will be "drinking from the saucer, 'cause our cup will overflow."

“Surely Goodness And Lovingkindness Will Follow Me All The Days Of My Life,”

Good things are ours in God's path. This does not mean we will never have bad things in our life. It does mean that we need not worry or focus on the bad because there will be an abundance of good. - **Genesis 1:31**

God wants good for His children.

Even that which may seem bad right now can bring about good. - **Genesis 50:19-20**

We must remember that good does not mean 'worldly good'. It means spiritual strength and righteousness. It means growth in following God. It means peace in our hearts and minds. It means assurance and hope. - **Romans 8:28,31-39**

Even if we suffer great physically in this life, we will be victorious and live in peace forever!

“And I Will Dwell In The House Of The Lord Forever.”

Many are fearful of where they will be in the future. Will I be alone? Will I have comfort, safety and contentment? What does my future hold?

When the Lord is my shepherd, I can know that I will be with Him. I will never be alone. I will have rest from my labor. I will dwell in His presence forever. - **John 14:1-3**

The future of the sheep of the Lord is peace in His House, forever! - **Titus 1:2; 1Peter 1:3-5**

Those in the fold of the Lord need not fear! Not today, tomorrow, or eternity!

Wayne S. Walker