



## Fear Not The Past

by Pastor Doug Lutz

*But now, O Jacob, listen to the Lord who created you. O Israel, the one who formed you says, 'Do not be afraid, for I have ransomed you. I have called you by name; you are mine.—*

*Isaiah 43:1*

A little girl was on a family hike. Unbeknownst to her, there was a hive of ground hornets in her path. It wasn't long before screams were mixed with panic. By the time her little sister and guardian realized what was happening they experienced the same shock. Bite... Ouch ... Bite... Scream ... RUN!

I know this happened because I was there. When the guardian yelled "run," I ran ... wide-eyed ... on their heels ... I ran right through the swarming hornets. Talk about fear. I had a similar experience as a kid in the foothills of L.A. and learned then to hate bugs that bite; especially flying ones.

This experience reminds me of the biggest instigator of most our fears—namely, *past* experience. If something nasty happened in our past we tend to remember it and do all we can to avoid it. While this can be a good thing, there is often a tipping point that leads to an unhealthy escalation of anxiety.

This happened with the little girl in the story. She was so afraid that she wanted to stop running. She whined and complained that she couldn't go on. The pain was too great. I knew as did her guardian that if we didn't keep running the hornets might muster another attack with greater numbers. We couldn't stop. I wanted to make sure she understood this. But, before I could issue a worst-case scenario warning, her guardian—who also had been bitten—spoke calmly: "We need to catch up to the rest of the family; besides, running will help the pain go away. You can do it." And she did.

Notice the guardian didn't say one thing about the source of the little girl's fear—the hornets. Instead, she acknowledged the anxiety they caused as real and helped us all deal with the fear-filled situation by reminding us to look forward ... to look up ... to look anywhere but back.

God has an uncanny way of doing the same thing: He points us toward a positive future away from fear of our past. One of His prophets—a guy named Isaiah—said so and wrote it down. The Jews at that time were afraid they were all alone... cast off... without anyone to turn to. And God had to remind them to “fear not” the past but to look to Him and the days ahead. He not only reminded them of what He did to help them in the past, He said things like:

“I know your name.”

And ... “You are mine.”

And ... “You are precious to Me.”

And ... “I love you.”

And ... “I will not let you down.”

Wow. If that doesn't give you goose-bumps nothing will. The infinite God of the universe has time to learn my name? Yes ... He even knows the number of hairs on my head ... and yours!

Fear Not. The Past ...

*Prayer resolve:* Today I choose to look forward to Jesus who knows my name.

Hungry for Life!

Want to share your thoughts, insights or questions!

[Click here.](#)

Want to help others in our community? [Click Here.](#)

Have a Prayer Request? [Click Here.](#)

Looking for a message or Worship Short? [Click Here.](#)

Want to Give? [Click Here.](#)