

Casting Out Fear

Isobel Miller Kuhn (1901 – 1957) was a Canadian Christian missionary to the Lisu people of Yunnan Province, China, and northern Thailand.

She found herself imperiled when the Communists overran China. Taking her young son, Danny, she escaped on foot across the snow-covered Pienma Pass, arriving in Myitkyina in Burma.

There, she was stranded at world's end with no money and no way to get home.

"I cannot tell you the dismay and alarm that filled me," she later wrote.

But she made two decisions: "The first thing is to cast our fear," she said. "The only fear a Christian should entertain is the fear of sin. All other fears are from Satan, sent to confuse and weaken us. How often the Lord reiterated to His disciples, 'Be not afraid!'" So Kuhn prayerfully trusted God and rejected panic.

Second, she sought light for the next step, and she eventually arrived home safely.

Anxiety disorders are at an all-time high in America. How prone we are to panic in a crisis! Fear comes so powerfully and naturally.

Yet the Bible tells us, as God's children, to fret not (Psalm 37:1), faint not (Deuteronomy 20:3) and fear not (Isaiah 41:10).



With God's strength, we can learn to handle crises with sound counsel and calm faith.

Perhaps you are in a difficult spot today – maybe a financial problem, a broken relationship or an uncertainty about the future.

By God's grace, cast out fear and seek light for the next step. Consider one or all of three suggestions:

1. *Turn to God's word.* The Bible offers truths for daily living.
2. *Seek the counsel of a Christian friend.*
3. *Allow some quiet, personal time for meditation and reflection,* allowing God's Holy Spirit to connect with your spirit, bringing guidance to the problem.

Be confident that the Father loves you and wants to help.

God has not given us a spirit of fear, but of power and of love and of a sound mind (2 Timothy 1:7 NKJV).

– Beecher Hunter