

How to Choose Faith over Fear

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2 Chronicles 20:1 describes three armies—“the Moabites, Ammonites with some of the Meunites” coming to “make war on Jehoshaphat.” Three armies against tiny Judah would have resulted in disaster if Judah’s king hadn’t chosen to **live by faith instead of fear!** When we choose to fear, we’re focusing on danger while minimizing God’s provision of resources and coping abilities. **What are your “three armies”?** Like King Jehoshaphat, we can consciously, repeatedly choose to **imagine** God’s provision!

I	Immediately give the concern to God: When told, <i>a vast army is coming against you</i> , King Jehoshaphat felt “alarmed” (v. 3) but chose to pray and urge Judah to <i>seek help from the LORD</i> (v. 4).
M	Meditate on God’s Word. The king of Judah reminded the people of God’s promise to <i>hear us and save us</i> (v. 9) in the midst of calamity. Manage your body.
A	Always give thanks. King Jehoshaphat appointed people to sing to the LORD and praise Him, saying <i>Give thanks to the LORD, for His love endures forever</i> (v. 21).
G	Groan: recognize life’s real challenges, moving forward while remembering the Holy Spirit <i>helps us in our weakness...[and] intercedes for us with groans that words cannot express</i> (see Romans 8:26).
I	Be Intentional : Jehoshaphat knew he couldn’t face the vast army on his own and purposefully focused on God, knowing He alone could provide deliverance.
N	Notice your body. Say “ NO ” to fear! <i>For we have no power to face this vast army that is attacking us. We do not know what to do, but our eyes are upon you</i> (v. 12b).
E	Expect God to work! <i>As they began to sing and praise, the LORD set ambushes against the men of Ammon and Moab and Mount Seir who were invading Judah, and they were defeated</i> (v. 22).

Here’s a practical exercise for choosing faith over fear: **write down everything you’re afraid of** (yes, everything!), then **respond with faith by writing relevant verses from God’s Word to counteract each fear**, one by one. Here are a few examples of how to “talk back” to fear:

“I’m worried about a family member.” Psalm 34:4 (AMP): *I sought the LORD [on the authority of His word], and He answered me, and delivered me from all my fears.*

“I’m afraid of getting covid.” Psalm 59:17 (AMP) emphasizes God’s protection, regardless of what happens: *To You, O [God] my strength, I will sing praises; for God is my stronghold [my refuge, my protector, my high tower], the God who shows me [steadfast] lovingkindness.*

“I keep thinking of everything that could go wrong.” Choose new thoughts! *Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand* (Isaiah 41:10, ESV).

Applying God’s Word, **pause to imagine** a gleaming white 18-wheeler pulling up outside where you are. Emblazoned in bold primary-colored letters on the semi’s trailer are the words “PERFECT LOVE.” You notice the driver as He steps down from the cab. It’s Jesus! He calls out, “Follow me,” and you follow Him to the back of the trailer. As He opens the doors, Jesus says, ***There is no fear in love. But perfect love drives out fear, because fear has to do with punishment*** (1 John 4:18). Smiling, He asks you to toss your worries and fears into the trailer. Knowing you’re safe, you begin releasing hurts, fears, worries, and concerns, tossing each into His Perfect Love. Jesus pauses, then asks, “Is that everything?” You continue until you’re confident you’ve relinquished long-term hurts, short-term grievances, confusion, bitterness, frustration, and sadness. When you nod, He closes the semi’s doors. Before He turns to walk back to the cab, He smiles again, His eyes on you, overflowing with kindness. As Jesus drives away, you linger, overwhelmed with gratitude, feeling relieved—the weight of your burden is gone and the scent of His love remains, continually freeing you from fear. Oh, how He loves YOU!

For additional ideas, you can work through Core Healing from Trauma, a biblical counseling workbook for individuals or groups, available on Amazon (<https://cutt.ly/ocdejiH>). You can also watch “Strengthening Your Core,” a 12 - video series on YouTube at <https://cutt.ly/Or6EiiW> or subscribe to my blog at <https://corehealingfromtrauma.com/>.