

As we live through these days of unprecedented uncertainty, many people are struggling with deep feelings of anxiety and fear. Being a Christian does not automatically mean that this is not so. Many times throughout the Word of God we read the words “*Don’t be afraid*” simply because fear is our natural response to challenging circumstances and situations we find ourselves in. The good news is this—we don’t have to settle there.



***Follow the instructions below and discover some simple lessons on how to deal with fear and anxiety, and how to know the peace of God in the middle of challenging times.***

***At each LESSON stop and reflect on how you would apply it.***

Jehoshaphat was a king of Judah and, despite some bad choices, he had set his heart to seek the LORD, and encouraged his people back to faithfulness in following the God of their fathers. How does he respond when life is difficult?

**READ 2 Chronicles 20:1-4 and mark each mention of Jehoshaphat with a  - list what you learn?**

*What situation does the king find himself in?  
How does he feel? Is this understandable? Why?  
In v 3 what two steps does the king take?*

**LESSON 1—Turn your focus on the LORD**

**LESSON 2—Enlist the help of others to seek God.**

**READ 2 Chronicles 20:5-12 and mark each mention of we / us with a  - and God/you with a**

*Where does Jehoshaphat stand?*

*According to v8-9 why would he go to this particular place?*

*In v 6-7, what is the focus of his prayer? Why is this helpful?*

*In v 10-11 what does the king tell God?*

*How does Jehoshaphat end his prayer in v12?*

**LESSON 3—position yourself in Gods presence**

**LESSON 4—declare Who God is and what He has done.**

**LESSON 5—state clearly and specifically why you are afraid**

**LESSON 6—tell God what you need**

### **2 Chronicles 20 : 1-12**

After this the Moabites and Ammonites, and with them some of the Meunites, came against Jehoshaphat for battle. <sup>2</sup>Some men came and told Jehoshaphat, “A great multitude is coming against you from Edom, from beyond the sea; and, behold, they are in Hazazon-tamar” (that is, Engedi). <sup>3</sup>Then Jehoshaphat was afraid and set his face to seek the LORD, and proclaimed a fast throughout all Judah. <sup>4</sup>And Judah assembled to seek help from the LORD; from all the cities of Judah they came to seek the LORD. <sup>5</sup>And Jehoshaphat stood in the assembly of Judah and Jerusalem, in the house of the LORD, before the new court, <sup>6</sup>and said, “O LORD, God of our fathers, are you not God in heaven? You rule over all the kingdoms of the nations. In your hand are power and might, so that none is able to withstand you. <sup>7</sup>Did you not, our God, drive out the inhabitants of this land before your people Israel, and give it forever to the descendants of Abraham your friend? <sup>8</sup>And they have lived in it and have built for you in it a sanctuary for your name, saying, <sup>9</sup>‘If disaster comes upon us, the sword, judgment, or pestilence, or famine, we will stand before this house and before you—for your name is in this house—and cry out to you in our affliction, and you will hear and save.’ <sup>10</sup>And now behold, the men of Ammon and Moab and Mount Seir, whom you would not let Israel invade when they came from the land of Egypt, and whom they avoided and did not destroy— <sup>11</sup>behold, they reward us by coming to drive us out of your possession, which you have given us to inherit. <sup>12</sup>O our God, will you not execute judgment on them? For we are powerless against this great horde that is coming against us. We do not know what to do, but our eyes are on you.”

## 2 Chronicles 20 : 14-15, 18-22 (cont.)

<sup>14</sup> And the Spirit of the LORD came upon Jahaziel the son of Zechariah, son of Benaiah, son of Jeiel, son of Mattaniah, a Levite of the sons of Asaph, in the midst of the assembly. <sup>15</sup> And he said, "Listen, all Judah and inhabitants of Jerusalem and King Jehoshaphat: Thus says the LORD to you, 'Do not be afraid and do not be dismayed at this great horde, for the battle is not yours but God's.'"

<sup>18</sup> Then Jehoshaphat bowed his head with his face to the ground, and all Judah and the inhabitants of Jerusalem fell down before the LORD, worshipping the LORD. <sup>19</sup> And the Levites, of the Kohathites and the Korahites, stood up to praise the LORD, the God of Israel, with a very loud voice.

<sup>20</sup> And they rose early in the morning and went out into the wilderness of Tekoa. And when they went out, Jehoshaphat stood and said, "Hear me, Judah and inhabitants of Jerusalem! Believe in the LORD your God, and you will be established; believe his prophets, and you will succeed."

<sup>21</sup> And when he had taken counsel with the people, he appointed those who were to sing to the LORD and praise him in holy attire, as they went before the army, and say, "Give thanks to the LORD, for His lovingkindness everlasting."

<sup>22</sup> And when they began to sing and praise, the LORD set an ambush against the men of Ammon, Moab, and Mount Seir, who had come against Judah, so that they were routed


## Philippians 4:4-7

<sup>4</sup> Rejoice in the Lord always; again I will say, rejoice. <sup>5</sup> Let your reasonableness be known to everyone. The Lord is at hand; <sup>6</sup> do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. <sup>7</sup> And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

## A verse to commit to memory.

### Isaiah 12:2


Behold, God is my salvation;  
I will trust, and will not be afraid;  
for the LORD GOD is my strength and my song,  
and he has become my salvation.

READ 2 Chronicles 20: 14-15 and mark the Lord with a 

*How does God respond to them as they wait on Him?*

*What does he say to them? How is this helpful?*

### LESSON 7—wait until God Speaks his Word by His Spirit.

READ 2 Chronicles 20: 16-23 and mark the king with a 

- make a list of what you learn about him.

*What impact does this word from God have on Jehoshaphat?*

*Have his circumstances changed? What does that teach you?*

*How do they approach the situation that is causing them fear?*

*What is the outcome of this situation?*

### LESSON 8—stand on the promise God gives you.

### LESSON 9—don't underestimate the power of praise.

READ Philippians 4:4-7 and underline the words "anything" and "everything". Also mark Lord and God with a 

*List the 3 instructions in these verses.*

- 1.
- 2.
- 3.

*How does knowing "the Lord is near" help us to follow these 3 instructions?*

*How do the words "anything" and "everything" add meaning to these verses?*

*What is the promise when we do these things?*

*How do these verses reinforce the lessons learned from Jehoshaphat in 2 Chronicles 20 ?*

*What is causing you anxiety today?*

*Take time out to talk about your anxiety to God and make your specific requests known to Him. Listen for His promise.*

