

March 28, 2022

Overcoming the Fear of Darkness

[Psalm 31:1-4, 15-16](#)

¹ *LORD, I seek refuge in You; let me never be disgraced. Save me by Your righteousness.*
² *Listen closely to me; rescue me quickly. Be a rock of refuge for me, a mountain fortress to save me.* ³ *For You are my rock and my fortress; You lead and guide me because of Your name.* ⁴ *You will free me from the net that is secretly set for me, for You are my refuge.*
¹⁵ *The course of my life is in Your power; deliver me from the power of my enemies and from my persecutors.* ¹⁶ *Show Your favor to Your servant; save me by Your faithful love.*

As a young child I was afraid of the dark. My fear of things that go bump in the night -- the monster under the bed, or the vampires waiting at the door for me to move -- scared the wits out of me.

In order to help me overcome my fear of the dark, my dad would take me into his dark bedroom, holding my hand. He assured me that he would be with me the whole time, and would rescue me from any attempts on my life by these imaginary threats. I eventually learned that there was no need to be afraid of the dark.

The last couple of years have been dark times to be sure! As a result, it seems that everyone has been gripped by fear to some degree.

But when we encounter dark times, it is so encouraging to know that our Abba Father is right there with us the whole time. He is there for us to take refuge in Him, to save us and rescue us, as well as deliver us from the power of our enemies.

We have no idea what the future holds with the COVID pandemic, but we can take comfort in knowing that the courses of our lives are in His power.

What an opportunity to share with others the strength, might, and comfort that our God provides in such times! Let us determine to show the world His light in this world of darkness.

Prayer: *Almighty God who rules from His mighty throne on high, help us to remember that You are always with us in the light and the dark, even when we can't see you with us. Give us opportunities to share your presence with others for your glory. Amen.*

Robbie Parsons
Forrest Burdette Memorial United Methodist Church
Hurricane, WV
jrobbiep@aol.com
Certified Lay Servant