

PRESS THROUGH THE PARALYSIS OF WORRY



*“He alone is my safe place; his wrap-around presence
always protects me. For he is my champion defender;
there’s no risk of failure with God. So why would I let
worry paralyze me, even when troubles multiply
around me?”*

—Psalms 62:2, TPT—

Worry paralyzes. If we bow our knee to worry, we will never fulfill our dreams, goals, or assignments from Heaven. Jesus taught that we can not serve two masters, and “worry paralysis” is an example of that. We will either focus on God's power and step out in faith, or we will focus on our troubles and shrink back in fear. It's one or the other, and the choice is ours to make. Let's choose the adventure of living by faith in God!

“He Alone Is My Safe Place”

We have a “safe place.” What a comforting truth. Psalm 91 teaches us that our place of safety is in God’s own shadow—next to His heart. We can’t get any closer than that.

This special place is a consistent “thread” or theme woven throughout all of Scripture. It is Eden,¹ the cleft in the rock,² your hiding place,³ the King’s cloud-filled chamber,⁴ the secret stairway,⁵ the rock that is higher,⁶ your prayer closet,⁷ and so on. The message for us to embrace is this: We have a hidden life in God that is *powerful*. Nothing can touch us there.

“His Wrap-Around Presence”

What is your protection? Nothing less than the very presence of God. You don’t have a mere metal and leather shield as depicted on the battlefield scenes in movies—you have God! God Himself is your shield. Between you and anything this world can launch against you is God’s presence as a protective barrier.

“He Is My Champion Defender”

This truth is huge! Have you ever had someone come against you, perhaps through legal actions, false accusations, physical threats, or intimidation? What a fearsome thing—not for you, for them—because your Dad is God! This is why we must pray for our enemies as Jesus

taught.⁸ Anyone who wrongfully comes against you will encounter your Champion Defender, and He loves justice.

“There Is No Risk of Failure with God”

Wow. How would you live? What would you attempt? What would you dream of building, writing, accomplishing, or trying *if you knew you could not fail*? This may be a radical opinion to some, but I believe that the whole of Scripture teaches and exemplifies this truth: You can’t fail with God at your side.

Ultimately, He works all things together for good.⁹ We don’t have to worry about “missing God.” Just eradicate that from your thinking completely because it’s not biblical. Even many of the famous “failures” we see in the lives of God’s people in the Bible were woven together redemptively by God into the beautiful tapestry of His ultimate plan. The reality is, we don’t have to fear failure because God has chosen to be our safety net.

“So Why Should I Let Worry Paralyze Me?”

Why, indeed. Since the Lord is our hiding place, our shield, our defender, and our safety net, we might as well jump! Launch out into the unknown, fearless and bold. Your Dad is ready to catch you, and Jesus is walking with you on top of the waves. Go ahead and step out of the boat (of having all the answers) and let life become the beautiful adventure with God that it is meant to be.

I have heard it said that faith is spelled R-I-S-K. Be a risk-taker, just like every other man and woman of God throughout the Bible. Shake off the paralysis of worry and go forth and conquer with the King! He's got you; He really does.

Let's Pray!

Father, I thank You that I don't have to fear failure. I am free to be bold and brave. I can take risks fearlessly because You are my safety net. Help me to act like I'm the one You love, in Jesus' name, I pray. Amen.

War Declaration:

I cannot fail with God.

60-Second Challenge

Take a moment of quiet reflection and ask yourself this question: What have I avoided or neglected because of "worry paralysis"? Prayerfully choose to face that thing head-on with your Champion Defender, Jesus, knowing He will never let you down.

1. See Genesis 2:8.
2. See Exodus 33:21-23.

3. See Psalm 32:7.
4. See Song of Songs 1:4, TPT.
5. See Song of Songs 2:14.
6. See Psalm 61:1-4.
7. See Matthew 6:6.
8. “When someone curses you, bless that person in return. When you are mistreated and harassed by others, accept it as your mission to pray for them” (Luke 6:28, TPT).
9. “So we are convinced that every detail of our lives is continually woven together to fit into God’s perfect plan of bringing good into our lives, for we are his lovers who have been called to fulfill his designed purpose” (Romans 8:28, TPT).