



**SERIES: MY LIFE WITH GOD**

## **Afraid of the Dark**

**Life Reference: Jonah 1 & 2**

**Focus Verse: Psalm 27:1**

***The Lord is my light and my salvation: whom shall I fear? The Lord is the strength of my life; of whom shall I be afraid?***

Darkness . . . the atmosphere of obscurity where thoughts run rampant and vision becomes quite clear within the mind. Imaginations prevail, conjuring all sorts of lifeless vignettes that become animated within one's cogitations. The deficiency of light might cause dimness to one's sight; yet the mental scenes develop clearly.

Can you recall the increasing fear that you felt as a child at bedtime when all the lights had been turned off? I can remember feeling an overwhelming, consuming fear of the darkness, and my imagination would go into full swing picturing every imaginable monster hiding in my closet or under my bed. When the fear became too unbearable, I would call out to my parents or perhaps run full speed ahead into their room.

That is when there was no *nightlight* available! But, oh, what a difference a tiny little nightlight would make! The monsters disappeared because they hated the light. (At least that is what I perceived.) I could see all their hiding places, and they just didn't stick around.



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Consider the story of Jonah and the decision that brought darkness into his life.

"Now the word of the Lord came to Jonah the son of Amittai, say, 'Arise, go to Nineveh, that great city, and cry out against it; for their wickedness has come up before Me.' But Jonah arose to flee to Tarshish from the presence of the Lord . . ." (Jonah 1:1-3, New King James Version).

The Word of God does not explain why Jonah chose to run away instead of obey. While we can speculate on his reasons, we do know that he chose to go in an entirely different direction than what God instructed.

Upon fleeing from his call to the city of Nineveh, Jonah placed himself on a ship that was headed to Tarshish believing that he was removing himself from the presence of the Lord. In his effort to escape, somehow Jonah slept through the great storm that the Lord had sent when even the mariners were frightened. Through the casting of lots they soon discovered that Jonah was the cause of the storm. The Bible says that when they cast him into the raging sea that it immediately became peaceful.

## **Life Reflection:**

Have you ever run from a situation because of your fear?

Think back to a time in your life that you felt overwhelmed with fear.

What was the end result?

Jonah was quickly rescued by the great fish that God had prepared for him. That is when he really understood his darkness. Not only did he discover the slime of the gastric juices, the horrific odor of the previously eaten seafood, the weeds about his head, but it was **dark!** It is doubtful that God placed an elegant brass floor lamp there for his convenience; he had to deal with the intense darkness.



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**I cried out to the LORD because of my affliction, And He answered me.  
Out of the belly of Sheol I cried, And You heard my voice”  
(Jonah 2:1-2, New King James Version).**

We find that Jonah prayed. The Bible says that he cried because of his affliction. Through this darkness, God was able to speak again to Jonah, and this time he listened. The great fish released him, and he became obedient to God’s call.

### **Life Reflection:**

Like Jonah, have you ever run from something God wanted you to do?

What fears kept you from doing His will?

What measures did God use to bring you out of the dark?

### **Life Response:**

Each individual experiences times in his life of overwhelming darkness. This may come in the form of a job loss or financial stress, illness, death or divorce. In this darkness or absence of light, it is easy to be consumed with fear and to forget the source of our light.

### **Life Reflection:**

What life situations are you currently facing that are causing you fear and worry?

What steps do you think you can take that will dispel your fears?



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Follow these steps out of fear and into light.

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| <b>Psalm 27:1</b>                   | Remember your source of light.                          | "The LORD is my light and my salvation; whom shall I fear? The LORD is the strength of my life: of whom shall I be afraid?"  |
| <b>I Peter 5:6</b>                  | Recognize that you need God's help to overcome fear.    | "Humble yourselves, therefore, under the mighty hand of God, that he may exalt you in due time."   |
| <b>I Peter 5:7</b>                  | Consciously give God your fears.                        | "Casting all your care upon him; for he careth for you."   |
| <b>John 8: 12</b>                   | Move toward God to find light.                          | "I am the light of the world: he that followeth me shall not walk in darkness, but shall have the light of life."  |
| <b>Psalm 143:8-9 and Psalm 5:11</b> | Replace fear with faith.                                | "In thee do I trust: cause me to know the way wherein I should walk; for I lift up my soul unto thee. I flee unto thee to hide me."<br><br>"But let all those that put their trust in thee rejoice . . . because thou defendest them." |
| <b>Psalm 34:4</b>                   | Create an atmosphere of prayer to dispel your fear.     | "I sought the LORD, and he heard me, and delivered me from all my fears . . . This poor man cried, and the LORD heard him, and saved him out of all his troubles."   |
| <b>Psalm 119:105</b>                | Meditate upon God's Word to bring light into your life. | "Thy word is a lamp unto my feet, and a light unto my path."   |
| <b>I John 4:18</b>                  | Fill your mind with the love of God.                    | "There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love."   |





There are times that it takes the darkness to get our attention before we turn to our source of light. The darkness of indecision suddenly becomes clear when we turn on the nightlight of His Word.

## **My Prayer:**

Heavenly Father, I realize there is no need to be afraid of the dark when light is available. You are my Light! Just as the darkness dissipates when light is present, so also will my fear. Help me to trust you more!

## **More Life with God References:**

Psalm 18:28  
Psalm 27:1  
Psalm 56:11  
Psalm 119:130  
Isaiah 41:10  
John 1:4-5  
Colossians 1:12-13  
I John 1:5-7

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