

Biblical Counseling Center publishes **eCounselor's Weekly** guide, to encourage counselors and all believers in discipleship and daily growth.

No Fear?
by *Kim Cunningham*

"But with me it is a very small thing that I should be judged by you or by any human court. In fact, I do not even judge myself. I am not aware of anything against myself, but I am not thereby acquitted. It is the Lord who judges me," (1Cor 4:3,4).



I recently had a conversation with a friend that was one of those interactions that told me "so this is what this person REALLY thinks of me..." and what they said discouraged me. It was hard to find out after all the nice interactions between myself and this person that they apparently didn't think much of me. Then I found myself asking "Why do I care what they think?"

Listen to the TRUE perspective

What this person said to me only discouraged me because I allowed what they said to have that power over me. While the Bible does tell us to seek out and follow wise counsel (Pro 15:22), it never tells us to allow other people to dictate what we think about ourselves; only God can tell us who we really are in Him. Other people don't always have the whole picture when dealing with us, and they don't always have God's heart toward us. We can know the security of heart and mind that comes only from knowing what God thinks of us by reviewing in His Word what He says about us!

It's a small thing after all!

Just like the verse above, Paul tells us that how others judge us is a "very small thing" compared to what God thinks of us. If you are His child, you are holy and blameless before Him (Eph 1:4); you are redeemed and forgiven of all your sins (Eph 1:7); you are predestined for adoption, and will receive an inheritance (Eph 1:11); you are the apple of His eye (Ps 17:8). We need to keep reviewing these truths over and over throughout our lives so we don't become enslaved by the incomplete perspectives of others around us.

The shifting sands of opinions

The opinion that others have of us can change based on so many unpredictable factors, like their mood, the weather, whether we are saying what they want to hear or not, etc. But what God thinks of us never changes, because it is not based on a constantly shifting foundation. How God views us is based solely on Christ's finished work on the Cross on our behalf (Gal 2:16, Eph 2:6-8) and it never changes because our God never changes! Personally, I'd like to get off the rollercoaster of depending on other people's approval of me to tell me who I am, wouldn't you? As Paul says, "If I were still trying to please man, I would not be a servant of Christ," (Gal 1:10b). Praise God, He has given us a firm foundation to stand on!

**Make a verse card of helpful Scripture, such as Pro 29:25, Eph 6:5-8, Gal 5:1; 6:8; Jas 1:5-8*

**Learning to fear God is a HUGE part of getting out from under the fear of man. What are some truths about God from Eph 1:16-20 that you can rehearse when you begin to fear man?*

***"The fear of man is a root sin that produces all sorts of other sins." (Wayne Mack, The Fear Factor). What other sins has the fear of man led you into that the Lord wants to free you from? (examples: gossip, lying, covering sin, etc.)*

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