



Lord, untangle me so I can be content with  
who I am and how  
*you created me.*

*Devotions to help you untangle...*

*Fear*

*By Carey Scott*

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*Day 1:*

## *Fear Is a Four Letter Word*

***Fearing people is a dangerous trap, but trusting the LORD means safety.***  
**(Proverbs 29:25)**

I remember one of my first speaking gigs several years ago. It was at an annual tea at a tiny church in Wyoming. But it was a big deal.

Girls as young as six and women as old as one-hundred showed up in their best clothes. The husbands and sons, dressed in tuxedos, served the tea. *Oh it was quite the shindig.*

I sat on the front row as I was being introduced. And as if I wasn't nervous enough, I noticed a thumping sound coming through the sound system. It kept getting louder and faster, and I knew trying to talk over it and keep my focus was going to be a huge challenge.

As I stood up to walk to the podium, I figured it out...

I realized the sound resonating throughout the room was *my* fear! The lapel mic was clipped right over my heart, and it was pounding out of my chest with anxiety. Quickly, I moved it to the other side vowing to *never* place a mic over my heart again.

There was no hiding the fact that I was *afraid*.

- *I was fearful they would hate me.*
- *I was scared they wouldn't think my jokes were funny. (I am funny)*
- *I was concerned I'd put people to sleep. (done it)*
- *I was anxious that I'd talk too fast and a bad word would slip out instead of scripture. (seen it happen)*
- *I was worried they'd hate my clothes and I'd see it on their faces.*

**I'll be honest, sometimes people scare me.**

**But God tells us that when we care too much about what people think of us, it's a dangerous trap.** It's a huge tangle that knots up our self-worth. And when we're fearful, it can affect everything we try to do.

- *We don't invite others into our homes because they may not like how we decorate.*
- *We buy dessert from the bakery rather than bake it ourselves because those women are better in the kitchen.*
- *We don't lead a Bible study because people may not sign up for our group.*
- *We don't speak up with the answer because it might be wrong.*
- *We don't step into our calling because we might fail publically.*

**Fear of man can be such a driving force.** It can be a part of every decision and every choice, every day.

You know what else? It taps into our sense of value, making fear of man even more dangerous for us. You see when we function out of that kind of fear... we forget.

We forget that God created us for a specific purpose. We forget that we're a *beloved child* to the One true King. We forget that we're already accepted, significant and secure in Christ.

**And if Christ is for us, who can be against us?**

Well, I've come a long way since those early days in my speaking ministry. Yes, I still get all nervous in those few moments before I open my mouth. But now I know that when I give into fear, it's a breeding ground for the Enemy.

He loves to see me paralyzed in my fear. *The enemy loves to see the same in you.*

Sister, you are precious to God. Stand up for yourselves! Don't allow fear - *a classic tactic of Satan* - to win. Just stare him down.

When you refuse to listen to the Enemy and instead trust God even when you worry what others might think, He will honor that obedience. And I've seen that promise kept a million times.

*How does the fear of man affect your ability to do what God is asking?*

*Day 2:*

## *Those prayers we scream*

There are times I just want to scream. Sometimes into my pillow, sometimes right at the one who triggered my insecurity, and other times because my ability to hold it all together is failing.

Then there are those times that actually I do. *And yesterday was one of those days. Super un-awesome.*

Just like for you, I'd imagine... there are circumstances and situations that have the power to knock our feet right out from under us. *I have a few. And the Enemy knows them.*

Even though I've been a Jesus-follower for many, many years, these things hurt. And as much as I wish I was above "acting out" when an old wound gets poked, I'm not always.

Yes, I know what the Bible says about trusting. And believing. And seeking His face. I know them. I speak of them. I write about them. *I try to walk them out in my life.*

But sometimes my human condition gets the best of me, and I feel out of control. **Fear overwhelms me.** And it manifests as anger mixed with tears, and a paralyzing sense of helplessness.

**I get frustrated that God doesn't seem... bigger.** I feel abandoned, like He has forgotten me. Forgotten our battle. Forgotten *us*. *And yesterday I felt this way.*

So I tried to pray in faith, hoping to sound mature with my words and eloquent in my requests. Thinking it might spark God into action. *You know, trying to be all holy and impress the One who knows me better than I know myself.*

But that quickly gave way to me screaming for God to do something. Because it's what I was feeling in my heart.

I wasn't yelling as much AT Him... **but FOR Him to intervene.**

You see, I've been patient. I've done all the "right" things. I've tried to follow the "miracle" formula to fix it once and for all. *I bet you have, too.*

But when it keeps coming up again... and again... *and again.* When I'm giving it all I've got over and over and over. When my fear seems overwhelming, I eventually get mad.

Because I can't seem to make it go away, and He doesn't seem to be anywhere in sight. And I'm out of answers. I'm out of ideas. I'm out of energy. I'm tired of waiting. **And I'm tired of wearing a brave face.**

But somehow, when I've reached the end of me (*which can take a long time*), my screaming prayers turn into surrendering prayers.

***"Lord, forgive my unbelief and restore my trust in You. Remind me of Your faithfulness. Please be big right now, because I cannot do this anymore. I'm struggling to keep perspective. I'm scared, and I don't understand why things don't change... won't change. Father, help me."***

Oh girl, I need Jesus.

And just like that, a welcomed calmness washes over me.

The perfect words I need to encourage another fill my brain, and it's as if a fog rolls back and I'm able to see the issue with fresh clarity.

And it's God.

That peace reminds me that He really is there... right in the middle of that whopper of a struggle.

I remember places in the Word where He whispers, *"Carey, don't be afraid. I won't abandon you in it."*

And even though it sometimes feels like He has, God promises to never remove His presence from my need. And in that instant, I feel strong for the battle again.

*Where do you need for God to be bigger right now?*

## Day 3:

# When the fear of not being perfect paralyzes

**PERFECT: Without errors, flaws or faults. Excellent or ideal in every way.**

Just for clarification, this does *not* describe me. Or you.

That should come as a relief, because there's no way we could reach this unrealistic expectation of perfectionism. And even when we do something just right, our achievement doesn't last for very long. It's just a matter of time before we blow it.

*I can be a great mom... but then my kids push too far and Momma-Zilla makes an unscheduled appearance.*

*I can be an amazing wife... until my husband's dirty clothes miss the hamper again and I intentionally don't wash that shirt he needs for work.*

*I'm a great friend... until I completely forget the lunch date and have my phone on vibrate, missing this precious time together.*

Our ability to be perfect is severely limited by the fact that we're human.

So when we scream at the kids... get snarky with our husbands... let down a friend... the Enemy take advantage of our failure.

He whispers a simple phrase that knocks us to our knees in fear because it floods those secret places where our insecurities live.

The Enemy tells us... ***you're not good enough.***

And because we already struggle with this, we allow that lie to reinforce what we already believe about ourselves.

**We let the lie feed our fear that we really aren't good enough.**

Ugh. I'm so done with that pattern. *You, too?*

For most of my life, I've felt... *less than*. While I might have looked like I had a healthy self-esteem, the truth is that I rarely felt I measured up.

And maybe you've spent a good chunk of your life feeling the same way. We've all subscribed to this lie in one form or another.

What's yours?

- I'll never be the right size.
- My sense of style is horrible.
- I can't parent worth a hoot.
- I'll never have a figure like hers.
- My family is too messy.
- I'll never cook like my friends.
- My faith isn't as strong as hers.
- No one will ever love me.
- I'll never have the best ministry.
- God can't use someone like me.

**When we begin comparing ourselves to others, fear that we won't measure up creeps in. And we feel inferior.**

It's a brilliant design, really. Because if we believe we are ordinary... if we think we are nothing special... then our ability to be powerful for the Kingdom of Jesus is *neutralized*.

~ *We stay in paralysis rather than stepping into our calling.*

~ *We refuse to get out of our comfort zone.*

~ *We doubt our ability and lose our desire to try.*

~ *We struggle to believe He could use someone like... us.*

Sound familiar?

**So the Enemy knows that if he can get us to gauge our value by looking at all we are *not*, then what we really are... according to God... won't matter.**

We'll consider ourselves second-rate. Less than acceptable. Substandard. Mediocre.

Imperfect.

But that's not God's plan. He never expected us to be perfect in the first place.

***Because all people have sinned, they have fallen short of God's glory. (Romans 3:23 GWT)***

But because He loves us so much... because of the great worth we have in His eyes... because He considers us to be good enough... God sent Jesus to be the perfect bridge to reconnect us with Him.

He was—He is—perfect enough for the both of us.

- ~ When the world says you're not good enough, know the voice behind the untruth.
- ~ When you feel less than, recognize the author of the lie.
- ~ When that fear of failure presents itself, starve it.
- ~ When those insecurities threaten to paralyze, step out anyway.

Perfectionism is a lie. Fight back with God's truth that says: you are good enough... you are worth it... you matter... and you are valuable.

*How does fear paralyze you?*

## Day 4:

# Fear of Man

Do you care too much about what people think? Do you worry they might believe the wrong thing about you? Are you concerned that once you open your mouth, they won't like you?

Sometimes we're more concerned with *earning* the approval of those around us instead of *resting* in God's approval of us.

But when we do that...

- ~ We don't share who we really are because we are certain it's not good enough.
- ~ We refuse to try something new for fear of being judged.
- ~ We don't speak into someone's life because we're worried it may sound stupid.
- ~ We get too wrapped up in needing verbal affirmations from others.
- ~ We are easily offended when we don't get the response we want or need.
- ~ We develop unrealistic expectations of others.
- ~ We become people-pleasers at our expense.

And when we act this way, we aren't living up to our potential because we don't see the value we hold. It grieves the heart of God, because He created you on purpose and for a great purpose.

*He even warns us about it in His Word: **Fearing people is a dangerous trap, but trusting the LORD means safety.** (Proverbs 29:25)*

Simply put, when we trust God and believe we are who He says we are, our self-worth will be healthy.

Rather than being in bondage, we're free to be who we were created to be... and ultimately feel comfortable in our own skin.

So how do you stop letting man define you and instead allow God to validate you? *I guess that's the million dollar question.*

For me, it's a constant battle. Here's how I work through the fear of man's opinion:

- 1) I pray about it as often as it pops into my mind.
- 2) I read what the Bible has to say about it:
  - *I trust in God, so why should I be afraid? What can mere mortals do to me? (Psalm 56:11)*
  - *The LORD is for me, so I will have no fear. What can mere people do to me? (Psalm 118:6)*
  - *But blessed are those who trust in the LORD and have made the LORD their hope and confidence. (Jeremiah 17:7)*
  - *I am leaving you with a gift-peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid. (John 14:27)*
  - *So we can say with confidence, "The LORD is my helper, so I will have no fear. What can mere people do to me?" (Hebrews 13:6)*

You can't expect people to allay our fears. You can't look to them to validate our self-worth. And no one but God can accurately gauge your value and worth.

That ability rests *only* with your Creator.

In all your fears and imperfections, remember you are loved *perfectly* by your Heavenly Father. So stop looking to the world to make you feel special and valuable because they just can't give you what you need to thrive.

*What is the Lord saying to you right now?*

## Day 5:

### *When those voices say...*

When the struggle says... *"It's too messy to fix!"*

And pain says... *"No one will ever understand."*

And your heart says... *"Don't trust anyone."*

And your mind says... *"It's not fair."*

And fear says... *"I'll never get it right."*

And unforgiveness says... *"They need to pay."*

And pride says... *"How dare them."*

And anger says... *"Revenge is sweet."*

And hopelessness says... *"Give up."*

And condemnation says... *"You did it again."*

And logic says... *"It doesn't make sense."*

And YOU say... *"Help me, Lord! I can't do it anymore!"*

Remember that **GOD** says...

*"Come to me, all you who are struggling hard and carrying heavy loads, and I will give you rest." (Matthew 11:28)*

*What do you need to give to God today?*

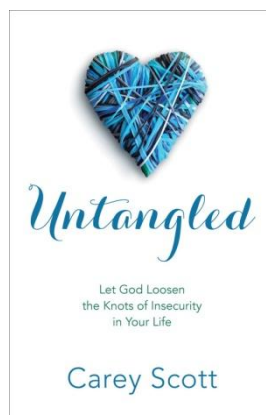


Carey Scott is a speaker, author, and life coach honest about her life and faith, stumbles, fumbles, and all. Her ministry focuses on helping women untangle their self-worth from the world and secure it in Jesus.

To connect with Carey, visit [CareyScottTalks.com](http://CareyScottTalks.com).

Or join the community at [UntangledWomen.com](http://UntangledWomen.com).

And to dig deeper into the topics discussed in these devotionals, order Carey's book - [\*Untangled: Let God Loosen the Knots of Insecurity in Your Life.\*](#)



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