

DAY 18

S Read 1 Samuel 21

C David is running from Saul and for a moment, is overcome by fear. At this low point in his life, he acts like a crazy man before the king of Gath. David was beyond the point of simply experiencing fear. He let fear control him.

A Any one of us can be subject to fear when we are tired, hurt, or emotionally low. In order to ensure we don't start doing wrong things and going places we should avoid, we must remain deeply connected to God. His love will cast out any fear, no matter how great.

P *"Father, help us manage our lives to stay healthy - in body, soul, and spirit. Please fill us with Your spirit and give us boldness of faith in place of fear. In Jesus name, Amen."*