



# APPNOTES

**Date:** Apr 27-May 01 , 2020

**Series:** On Edge

**Isaiah 61:1-3** Running scared? Are the sins of your past disheartening because you fear their effect on your fruitfulness for God today? You wonder, “Could God ever use someone with my background and history? Maybe I’ve missed God’s will for my life and my opportunity to be used by Him.” Our God is a God of make-overs. He delights in taking the ashes of a life and turning them into something beautiful. God is in the business of “RE”-doing. “Re” means “again.” He RE-deems, RE-instates, RE-makes, RE-stores, RE-commissions, and RE-surrects. Countless people in Scripture would attest to God’s power to make beauty from the ashes of their pasts: Rahab, Abraham, Jacob, David, Peter. No one is too far gone. Nothing you’ve done is too bad. Jesus’ death is sufficient to cover all the wrong we’ve ever done or will do. Stop running scared. God uses broken people like us.

**Psalms 32:1-5** Are fears about the past still haunting you? The abortion, substance abuse, the mistakes that brought your family to divorce. We can really make a mess of life. Have you wondered, “My life is a car wreck; is there any recovering from this mess?” Just as a medical staff jumps in to heal the physical injuries of car accidents, the Great Physician is needed to heal the spiritual chaos of sin. If we don’t allow Him to restore and repair us, we might as well spend the rest of life lying in the middle of the highway with traffic bumping over us. Seek the Physician. God’s prescription for fear is written clearly in Scripture: confess and cooperate with His healing. The Physician is waiting for you to lay your wounds on His table, the cross, and say, “I’m sorry. Forgive me.” Here, your healing begins. Lay your fears on the table of the faithful Physician.

**Philippians 3:12-14** Getting past our past must involve moving on. If we’ve confessed our sins and accepted forgiveness, we need to take the next step—Walk ... go forward, out of self-accusation into a changed life of obedience to Christ. Determine to make following Christ the goal of your transformed life. Ask Him how to obey at work and in your family, and ask for power to overcome the past as you move forward. Difficult things are possible when we stay connected to God in His Word and in ongoing conversational prayer. Walk, then run hard, after the Lover of your Soul. He is a faithful running companion. Like the Apostle Peter, we can move beyond the fear of the past as

we heed Christ's command, "Follow Me." Our running shoes are on, our goal is set, life with Jesus is in our sights. Walk on.

**Philippians 4:6-7** When fear has us by the throat, our go-to reaction should be prayers of thanks—even if we don't feel like it. It's a learned response. Making thanksgiving a habit in the face of fear transforms attitude and perspective. Like many of you, I've been alone in my house for over a month—a breeding ground for complaining and fear. "What if I get sick and die, and no one finds me?" Such fears can sap the joy out of life. God tells us giving thanks brings peace beyond our understanding to guard our hearts and minds. When we step out in obedience to God's commands, things change. Bemoaning my situation becomes, "Thank you, God, for my home, health, family and friends to visit on ZOOM, and Your Presence in this place to encourage, comfort, protect, and speak to me through Your Word." Even fearful situations become blessings when wrapped in thanks to God.

**Matthew 10:28-31, Psalms 91:4** Are you a bird watcher? This week, a small flock of goldfinch appeared at my feeder. Their color was startling against the gray and snow of the backyard. Their tiny bodies fluttered about, vying for a chance at seed. I wondered how they could stay warm and why they weren't blown away with every gust of wind. A few squirrels tried to push their way in while the cats leered hungrily nearby. But those little yellow beauties went confidently about their appointed task, watchful for impending danger. God's Word says not one bird will fall to the ground outside of His care, "So don't be afraid; you are worth more than many goldfinches." The Mighty God of the universe has us in His care, covered with his feathers and under his wings where we find refuge and protection. Give your fears to our faithful Protector under whose wings we can safely abide.

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