



# TRANSFORMED

DEVOTIONS CONNECTING TEENS TO CHRIST

**Because the power of Midian was so oppressive, the Israelites prepared shelters for themselves in mountain clefts, caves and strongholds... Midian so impoverished the Israelites that they cried out to the LORD for help.**

*Judges 6:2,6*

## Fear<less: Crying out

It was 3:00 A.M., and I was awake. It was not by choice. I would have loved to have a peaceful night of rest, but not that night. When I was a child, I would often have nightmares that would leave me crying, “Mom!” in the middle of the night. And every time, as soon as I cried out, my mom was there. She would come and comfort me. Pretty soon I would forget the bad dream and fall sleep once again.

What fills you with fear? Is it the unknown, the dark, violence, secluded alleyways, or being alone? Do health problems, relationship problems, or family concerns cause you uncertainty?

We aren't the only ones. The Israelites experienced fear as they lived a nightmare. Israel had done evil in the eyes of the LORD, so God sent the Midianites and Israel's other neighbors to the east to oppress Israel. They came into Israel, destroyed all their crops, killed their livestock, and devastated the land. The Israelites were hungry and scared as they retreated to caves in the mountains.

But their story didn't end with Israel cowering in fear and being conquered by Midian. Israel cried out to God, and he answered “I am the LORD your God; you shall not fear...” (Judges 6:9). Then he got to work. He called Gideon to drive the Midianites out of Israel.

What do you do when trouble comes? Do you cry out? When personal sin, fear, and confusion strangle and push you down, where do you turn?

Remember, God is always listening for your cry. Seek him in his Word, then go to him in prayer. Cry out to him. Israel had strayed from the LORD, but he still was there, listening and ready for them the moment they cried out. Wherever you are or whatever you're going through, God is listening. Whatever you fear or whatever paralyzes you, know that nothing is impossible for your God. He knows what you need even if fear paralyzes and numbs you, preventing you from getting the words out. (See Romans 8:26.) Turn to Jesus who is making a fear-free home in heaven for you.

I keep a Bible next to my bed. When fears come, I open that book and cry out to God. Sometimes my cry is just a single verse. “In peace I will both lie down and sleep; for you alone, LORD, make me dwell in safety” (Psalm 4:8).

Cry out. He's listening.

**Prayer: Dear God, whenever I am afraid, help me immediately cry out to you. You give me strength. Amen.**