



## **IS GOD YOUR FORTRESS? *THE ESTABLISHED HEART—Part 1***

While describing some of the signs of the times in Luke 21:26, Jesus mentioned: *People will faint from fear, apprehensive of what is coming on the world.*

We can see already that nowadays, with the political and economic climates, with wars and threats of wars, shortages of essential foods (oil,

flour, cereals); some people are freaking out and their hearts are failing them from fear, and we have not even begun to enter into the really dire times that the Bible talks about.

Men's hearts will fail them from fear because they have not been established. As we live in a crazy, broken and sick world, with no improvement in sight, on the contrary, how can we get our hearts established so we are not subjected to fear?

We face all kinds of fears in life: fear of sickness, of death, of economic loss, of losing our job, of divorce, etc. However, fear should be an immediate red flag that we are not established in the things of God, because if we are established, we shall trust Him in all things and not fear.

Psalm 112.6.7.8: *Surely the righteous will never be shaken...He will not be afraid of evil tidings; His heart is steadfast, trusting in the LORD. His heart is established.*

Here is an important point to meditate upon: you are going to be in tune with what feeds you, you are going to be sensitive to the voices you pay the most attention to. If you are fed by the news, if you want to know about all the terrible things that are going on in the world, then your spirit is going to be in tune with that more than with the things of God, and it is going to result in fear, because media loves reporting negative and horrible things.

In the same way, if you feed your soul with entertainment and you know everything about every show and every actor, if you know all the players of every football team, if you spend hours playing video games, you will not be established when bad news arrive. But being in tune with God and the Word of God will make all the difference in your life.

### **What does an established heart look like?**

King David was facing many dangers and enemies, but his words in Psalm 27 were surprisingly encouraging: *The LORD is my light and my salvation—whom shall I fear? The LORD is the fortress of my life— of whom shall I be afraid? Though an army besiege me, my heart will not fear; though war break out against me, even then I will be confident.*

Of course, it is a different context. But with everything that happens in your life right now, are you experiencing fear or is your heart established because you are confident in God's love for you? Though circumstances may go crazy around you, you can be in peace, because peace is not something circumstantial or emotional, peace is something spiritual.

**Let's see how we can be established :**

## 1. A heart established in the love of God for us personally

God cares about us and our specific circumstances. He cares about the things that keep us up at night. He tells us in Jeremiah 31.3 : *I have loved you with an everlasting love; I have drawn you with unfailing kindness.*

1 John 4:18 : *There is no fear in love, but perfect love (God's love) casts out fear.*

God loves us so much more than we will ever be able to understand. No matter what's going on in our life, no matter what challenges will come to us, no matter how much pain may burn in our heart, God cares for us with a deep, unconditional and everlasting love.

He is on our side. He's not against us. He is our helper and our friend. Whatever happens, He can and will turn it to good. Why? Because we are so holy and perfect? No. Because of He loves us ! *And we know that all things work together for good to those who love God.* (Romans 8: 28) This is a firm foundation to live on.

Psalms 34.4 : *I sought the LORD, and He heard me, And delivered me from all my fears.*

That is the kind of relationship with God that we need in this world in turmoil.

*(To be continued)*