

Study 5 Puah and Shiphrah

**Even when we live in a culture filled with fear, fear does not have to reign,
because God does!**

Scripture references:

- Exodus 1:8-14
- Exodus 1:15-19
- Proverbs 9:10
- Isaiah 26:3
- Psalm 27:13
- Philippians 4:6-7

Notes from the video study:

- God's people: From protection and prosperity to oppression and exploitation – Exodus 1:8-17 details how over time the pharaohs (kings) have forgotten about Joseph and His God. The land of Egypt is now being ruled by a king full of fear and because of this a culture of fear has been created in the land. Pharaoh's fear of the Israelites and what they might do to his kingdom if they become more powerful than the land of Egypt makes him put the Israelites into slavery and bondage so that he can feel safe.
- Fear God and fear nothing else: Pharaoh wanted the midwives to kill the babies but they would not because the midwives feared God more. What is the fear of God? Proverbs 9:10 tells us it is wisdom to fear God not a phobia. The Hebrew word fear means to draw forward and live in deep trust of the Lord.
- The splendid beauty of resisting fear and following God: The midwives in the story remind us the evil of the king is no match for the goodness of God and that there is no match to the faithfulness of God. When you fear God there is nothing else to fear. The story is the backdrop for a child named Moses to be born and lead the Israelites out of this bondage/slavery.
- Three tactics to help you resist the attack of fear:
 1. Recognize the battle with fear is bigger than you – Fear traces all the way back to the garden when Satan caused Eve to think God was keeping something from her and Adam – knowledge. Your battle with fear affects all those around you and your battle with fear is part of a bigger battle.
 2. Stay your mind on God – Be intentional of keeping your mind on God. Isaiah 26:3 Shalom. Shalom – this means that we have deep rooted peace that penetrates every fiber of our being. You have to find your “white-knuckle” scripture that you can cling to Christ and the scripture to help you fight the fear that is trying to overtake you.

3. Don't fight fear alone- Puah and Shiphrah were senior midwives so they encouraged the other midwives and they developed a strategy to fight the fear of the king. We must remember to bring our fears to the light and to God, if we leave our fears in the dark they will multiply. We have to shift the focus from the fear back to the Father. Find someone who truly loves you and will fight with you in the battle.

Practical ideas and tools for overcoming fear

1. Practice deep breathing – inhale the goodness of God and breathe out the faithfulness of God.
2. Specify your Prayer –Philippians 4:6-7- Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. NIV
3. Trust that God competent – God is faithful and we are rooted in His hand. He knows ALL.

Final thoughts

- Fear God and you have nothing else to fear.
- Whenever we allow fear to take root, we create space for worry and anxiety to set up shop in our lives.
- Use the promises of Scripture to stay your mind on God.
- God invites us to bring all our fears into the light, to Him. By confessing, we shift the focus from the fear to the Father.
- If we want shalom, we must pray and ask for it.