

When I am Fearful

Message 01 of 05 in the series: "Recommended Playlist"

A Psalm of David when he fled from his son Absalom. "O LORD, I have so many enemies; so many are against me. So many are saying, 'God will never rescue him!' ...But you, O LORD, are a shield around me; you are my glory, the one who holds my head high. I cried out to the LORD, and he answered me from his holy mountain... I lay down and slept, yet I woke up in safety, for the LORD was watching over me. I am not afraid of ten thousand enemies who surround me on every side. Arise, O LORD! Rescue me, my God! Slap all my enemies in the face! Shatter the teeth of the wicked! Victory comes from you, O LORD. May you bless your people."
Psalm 3:1-8 (NLT)

I. David talked to God about his fear and anxiety.

- a. David was being hunted down by an army of his own people led by his own son.

"A messenger soon arrived in Jerusalem to tell David, "All Israel has joined Absalom in a conspiracy against you!" "Then we must flee at once, or it will be too late!" David urged his men. "Hurry! If we get out of the city before Absalom arrives, both we and the city of Jerusalem will be spared from disaster."

2 Samuel 15:13-14 (NLT)

- b. Many people were saying God had abandoned David, saying he was worthless.

"As King David came to Bahurim, a man came out of the village cursing them. It was Shimei son of Gera, from the same clan as Saul's family. He threw stones at the king and the king's officers and all the mighty warriors who surrounded him. "Get out of here, you murderer, you scoundrel!" he shouted at David. "The LORD is paying you back for all the bloodshed in Saul's clan. You stole his throne, and now the LORD has given it to your son Absalom. At last you will taste some of your own medicine, for you are a murderer!" 2 Samuel 16:5-8 (NLT)

Note: David had to deal with a tremendous amount of fear and anxiety.

Fear = A distressing emotion about an impending danger. Fear of a specific danger can lead to constructive action.

Anxiety = Uneasiness of mind. Sources of our anxiety are often vague and undefined leading us to feel paralyzed.

- c. David overcame his fear by getting his sense of security from the Lord.

"But you, O LORD, are a shield around me... I cried out to the LORD, and he answered me from his holy mountain... I lay down and slept, yet I woke up in safety, for the LORD was watching over me. I am not afraid of ten thousand enemies who surround me on every side." Psalm 3:3-6 (NLT)

Life Application: We need to get our sense of security from the Lord.

"The LORD is my light and my salvation— so why should I be afraid? The LORD is my fortress, protecting me from danger, so why should I tremble? When evil people come to devour me, when my enemies and foes attack me, they will stumble and fall. Though a mighty army surrounds me, my heart will not be afraid. Even if I am attacked, I will remain confident." Psalm 27:1-3 (NLT)

"...If God is for us, who can be against us?" Romans 8:31 (NIV)

- d. David overcame his anxiety by getting his identity from the Lord, NOT the opinions of others.

"...you are my glory, the one who holds my head high." Psalm 3:3b (NLT)

"Glory" = "kavode" (Hebrew) = weight, honor, splendor, dignity, reputation.

Life Application: We need to get our identity from the Lord, NOT the opinions of others.

"...I trust in God, so why should I be afraid? What can mere mortals do to me?" Psalm 56:4 (NLT)

"For God knew his people in advance, and he chose them to become like his Son, so that his Son would be the firstborn among many brothers and sisters. And having chosen them, he called them to come to him. And having called them, he gave them right standing with himself. And having given them right standing, he gave them his glory." Romans 8:29-30 (NLT)

- e. David was gut-level honest with the Lord about his emotions.

"Arise, O LORD! Rescue me, my God! Slap all my enemies in the face! Shatter the teeth of the wicked!"

Psalm 3:7 (NLT)

Life Application: We need to be gut-level honest with the Lord about our feelings and emotions.

“When you pray, don’t be like the hypocrites who love to pray publicly on street corners and in the synagogues where everyone can see them. I tell you the truth, that is all the reward they will ever get. But when you pray, go away by yourself, shut the door behind you, and pray to your Father in private. Then your Father, who sees everything, will reward you. When you pray, don’t babble on and on as people of other religions do. They think their prayers are answered merely by repeating their words again and again. Don’t be like them, for your Father knows exactly what you need even before you ask him!”

Matthew 6:5-8 (NLT)

II. God answered David’s prayer by rescuing David and blessing the people of Israel.

“Victory comes from you, O LORD. May you bless your people.” Psalm 3:8 (NLT)

“Ten of Joab’s young armor bearers then surrounded Absalom and killed him. Then Joab blew the ram’s horn, and his men returned from chasing the army of Israel. They threw Absalom’s body into a deep pit in the forest and piled a great heap of stones over it. And all Israel fled to their homes.” 2 Samuel 18:15-17 (NLT)

Life Application: We need to pray that God will rescue us and others from fear and danger.

“We think you ought to know, dear brothers and sisters, about the trouble we went through in the province of Asia. We were crushed and overwhelmed beyond our ability to endure, and we thought we would never live through it. In fact, we expected to die. But as a result, we stopped relying on ourselves and learned to rely only on God, who raises the dead. And he did rescue us from mortal danger, and he will rescue us again. We have placed our confidence in him, and he will continue to rescue us. And you are helping us by praying for us. Then many people will give thanks because God has graciously answered so many prayers for our safety.” 2 Corinthians 1:8-11 (NLT)

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“The remarkable thing about fearing God is that when you fear God you fear nothing else, whereas if you do not fear God you fear everything else.” -Oswald Chambers

“No one can make you feel inferior without your consent.” -Eleanor Roosevelt

“How can a person deal with anxiety? You might try what one fellow did. He worried so much that he decided to hire someone to do his worrying for him. He found a man who agreed to be his hired worrier for a salary of \$200,000 per year. After the man accepted the job, his first question to his boss was, ‘Where are you going to get \$200,000 per year?’ To which the man responded, ‘That’s your worry.’” -Max Lucado

CONNECT GROUP QUESTIONS:

1. How does music impact or enhance what you are doing or how you are feeling? Do you have a favorite playlist when you workout, study or go for a drive?
2. Read 1 Samuel 16:14-19, 23. David's ability as a musician was well known. How does it make you feel to know that the Psalms are actually songs?
3. Which Christian singer or group ministers to your soul when you listen to their music?
4. What makes you fearful or gives you anxiety?
5. Read Philippians 4:6-8. How would you unpack this passage for a friend who is worrying about the fear in their life?
6. Read Psalm 3:7 & Matthew 6:5-8. How honest should we be about our feelings in our prayers? Does it matter?
7. Read Psalm 27: 1-3 & Isaiah 40:28-31. What do you see about God in these passages?
8. Read 2 Corinthians 1:3-4. In your opinion, how important is it to share with others Bible verses and insights God has given you?