

Church Chat @ Home



April 26, 2020

"Overwhelming Anxiety"

Psalm 27:1 – 9

Of David.

¹ The LORD is my light and my salvation—whom shall I fear? The LORD is the stronghold of my life—of whom shall I be afraid? ² When the wicked advance against me to devour^a me, it is my enemies and my foes who will stumble and fall. ³ Though an army besiege me, my heart will not fear; though war break out against me, even then I will be confident. ⁴ One thing I ask from the LORD, this only do I seek: that I may dwell in the house of the LORD all the days of my life, to gaze on the beauty of the LORD and to seek Him in His temple. ⁵ For in the day of trouble He will keep me safe in His dwelling; He will hide me in the shelter of His sacred tent and set me high upon a rock. ⁶ Then my head will be exalted above the enemies who surround me; at His sacred tent I will sacrifice with shouts of joy; I will sing and make music to the LORD. ⁷ Hear my voice when I call, LORD; be merciful to me and answer me. ⁸ My heart says of You, "Seek His face!" Your face, LORD, I will seek. ⁹ Do not hide Your face from me, do not turn Your servant away in anger; You have been my helper. Do not reject me or forsake me, God my Savior.

Footnotes:

a. [Psalm 27:2](#) Or slander



NOTES from Pastor Peter's Sermon:

Main Truths:

How do we thrive against overwhelming anxiety?

1. We are prepared with a _____.

2. We Must Become A _____.

3. We learn to Cry Out _____.

What do YOU worry about? _____

Did you know having anxiety, worries and fear are normal?

In our passage this morning, the Psalmist takes two of the **potentially most devastating situations** – in the context of the ancient world:

² When the wicked advance against me to devour me, it is my enemies and my foes who will stumble and fall. ³ Though an army besiege me, my heart will not fear; though war break out against me, even then I will be confident.

When an entire army would be besieging a city to overthrow it, was the worst fear ancient people had in their lives. It was a threat against the **physical welfare** of a city and of your life.

The psalmist then writes about the **other** most devastating situation in life:

¹⁰ Though my father and mother forsake me, the LORD will receive me.

What situation could be worse than a rejection of that **primary relationship** between us and our parents who gave us life? This is an assault on our **relational world**. Not a physical endangerment – like being physically assaulted, but an internal devastation and attack on our hearts.

Do you think one type of attack is worse than the other? _____

Why? _____

Why does the Psalmist (King David) write about these things? _____

In these times, what is revealed is where our confidence lies. For David, we see that the Lord was his supreme confidence in His life.

1. We are prepared with a **Crisis Theology**. See Verses 1 – 3

Notes: _____

David had a crisis theology already set in place **before** the event took place.

A “Crisis Theology” is a theology based on the unchanging character of God that fortifies us even through the most challenging circumstances of life.

This is David's triumphal prayer of the confidence he has in God, in the midst of those who are trying to bring him down. God has been three things to David:

1. His light
2. His salvation
3. His Stronghold

These all deal with **the character of God**. Who He is and how He relates to His people.

Notes: _____

What is a confession? _____

Why is one important? _____

A biblical theology based on God's word is essential for the long-term health of our spiritual lives, because there will be a day when the enemies are right at our front door steps or problems arise with the closest relationships that we have in our lives.

Notes: _____

What are some essential truths that form our Crisis Theology? _____

Hebrews 13:8 Jesus Christ is the same yesterday and today and forever.

Philippians 1:6 He who began a good work in you will carry it on to completion until the day of Christ Jesus.

Psalms 63:3 Because Your lovingkindness is better than life, My lips will praise You.

John 10:28-30 ²⁸ I give them eternal life, and they shall never perish; no one can snatch them out of my hand. ²⁹ My Father, who has given them to me, is greater than all; no one can snatch them out of my Father's hand. ³⁰ I and the Father are one."

Romans 8:28 ²⁸ And we know that in all things God works for the good of those who love Him, who have been called according to His purpose.

A Crisis Theology can stand the test of time and weather even the fiercest of storms in our lives.

2. We Must Become A **Temple Dweller**.

See Verses 4 – 6

A "Temple Dweller" is one who finds transforming strength in the beauty, power, and majesty of God alone.

Notes: _____

3. We learn to Cry Out **Naked Prayers**.

See Verses 7 – 9

"Naked Prayers" are the raw cries of our heart that we lift-up to the only one who can truly heal us.

Notes: _____

Where do we go to be “raw” with God? _____

We don't have to clean up our lives or our prayers, and then come to God. God desires that we come to Him just as we are. We don't have to change first and then come to Him. We come to him and He changes us.

Notes: _____

It was the brutally honest raw prayers that Jesus took notice of:

“Away from me Lord, I'm a sinful man!”

“I do believe, help me overcome my doubts”

“Have mercy on me Lord, a sinner!”

“Lord, remember me....today you will be with me in Paradise!”

Our raw prayers:

“To be honest, I still have doubts about my faith and about you....”

“I'm so scared right now....”

“Where are you God”.

“It's so hard to trust people – and also you God...”

“I feel hopeless and helpless...”

“Lord, I blew it. I messed up...again!”

What is a raw prayer that you have prayed? _____

How does the Psalmist handle fear in his life? He imagines for us, the worst possible situations of life.

1. He has a **crisis theology**. This is what he turns to first before anything else. It is the truth of God and His character that we can depend on in all the situations of life because He doesn't ever change.

Do you have an unshakeable theology that is biblically accurate? That has become a personal theology? That can stand the crisis modes of life?

2. He became a **temple dweller**. He didn't ask for the enemies to disappear or even change in his situation at this time. But he asks that he can once again return back to the tent – the place where he could meet God face to face and gaze at His beauty before going back out to face the harsh reality that an army was coming out to destroy him. He needed ultimate beauty in a time of darkness when the ugliest of life was at his doorstep.
3. He cried out a **naked prayer**. A brutally honest prayer that came straight from his heart in regards to his situation. He was totally alone and cried out with what was in the depths of his heart.

What was the result of these three things?

Verses 13 - 14: ¹³ I am still confident of this: I will see the goodness of the LORD in the land of the living. ¹⁴ Wait for the LORD; be strong and take heart and wait for the LORD.

David was transformed. He is confident that he will in the end see the goodness of the Lord. This is how we battle and overcome overwhelming anxiety in our lives so that we thrive through the desperate times!

APPLICATION:

1. What are you most worried about in your life right now? _____
Why? _____

2. How does King David find peace during his scary times? _____

3. How can we find strength over our worries from Psalm 27? _____



Did you know having anxiety, worries and fear are normal?

It's **normal for children to show signs of anxiety**, worries and fears sometimes. In most cases, anxiety in children and fears in childhood come and go and don't last long.

In fact, **different anxieties often develop at different stages**. For example:

- Babies and toddlers often fear loud noises, heights, strangers and separation.
- Preschoolers might start to show fear of being on their own and of the dark.
- School-age children might be afraid of supernatural things (like ghosts), social situations, failure, criticism or tests, and physical harm or threat.

Babies and young children don't tend to worry about things. For children to be worried, they have to imagine the future and bad things that might happen in it. This is why **worries become more common in children over eight years of age**.

Children also **worry about different things as they get older**. In early childhood, they might worry about getting sick or hurt. In older childhood and adolescence, the focus becomes less concrete. For example, they might think a lot about war, economic and political fears, family relationships and so on.

There are many resources online if you or someone you know needs more support.