

Overcoming Fear

Choosing Courage
in the Age of Anxiety

Fears & What They Teach Us

Psalm 56

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Psalm 56

For the director of music. To the tune of "A Dove on Distant Oaks." Of David. A miktam. When the Philistines had seized him in Gath.

"Be merciful to me, my God,
for my enemies are in hot pursuit;
all day long they press their attack.
My adversaries pursue me all day long;
in their pride many are attacking me.
When I am afraid, I put my trust in you.
In God, whose word I praise —
in God I trust and am not afraid.
What can mere mortals do to me?"

All day long they twist my words;
all their schemes are for my ruin.
They conspire, they lurk, they watch my steps,
hoping to take my life.
Because of their wickedness do not let them escape;
in your anger, God, bring the nations down.
Record my misery; list my tears on your scroll—
are they not in your record?
Then my enemies will turn back when I call for help.
By this I will know that God is for me.
In God, whose word I praise,
in the Lord, whose word I praise—
in God I trust and am not afraid.
What can man do to me?
I am under vows to you, my God;
I will present my thank offerings to you.
For you have delivered me from death
and my feet from stumbling,
that I may walk before God in the light of life.”

Am I becoming someone who more fully trusts in God or am I becoming
someone who is overcome by my fears?

To be human is to be afraid.

“When I am afraid...”

When you are afraid – locate, listen, and learn from your fears.

What most of our fears are saying is that “life is dangerous.”

I am ultimately not in control.

The only real alternative to fear is trust.

Psalm 56:3-4

When I am afraid, I put my trust in you.

In God, whose word I praise—

in God I trust and am not afraid

What can mere mortals do to me?

Psalm 56:8

Record my misery;

list my tears on your scroll —

are they not in your record?

To the director of music. To the tune of "A Dove on Distant Oaks."