



Overcoming Fear

Choosing Courage
in the Age of Anxiety

For You Are with Me

Psalm 23

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Psalm 23

The Lord is my shepherd, I lack nothing.

He makes me lie down in green pastures,

he leads me beside quiet waters, he refreshes my soul.

He guides me along the right paths for his name's sake.

Even though I walk through the valley of the shadow of death,

I will fear no evil, for you are with me;

your rod and your staff, they comfort me.

You prepare a table before me in the presence of my enemies.

You anoint my head with oil; my cup overflows.

Surely your goodness and love will follow me all the days of my life,

and I will dwell in the house of the Lord forever.

Spiritual maturity happens when we enter into the fear of the unknown, the fear of being alone, and the fear of intimacy. We find God with us in the depths.

The Fear of the Unknown

tsalmaveth

tsal = shadow

maveth = death

God will lead us out of our comfort zone and into the unknown.

The Fear of Being Alone

Psalm 23:4

I will fear no evil, for you are with me.

The key to walking into the fear of the unknown and the fear of being alone is to remember.

The Fear of Intimacy

Intimacy = “into me see”

Psalm 23:4

Your rod and your staff, they comfort me.

rod = protection

staff = steadiness

John 10:11-15

I am the good shepherd. The good shepherd lays down his life for the sheep. The hired hand is not the shepherd and does not own the sheep. So when he sees the wolf coming, he abandons the sheep and runs away. Then the wolf attacks the flock and scatters it. The man runs away because he is a hired hand and cares nothing for the sheep. I am the good shepherd; I know my sheep and my sheep know me—just as the Father knows me and I know the Father—and I lay down my life for the sheep.

Intimacy is what moves people into different stages of maturity.

Solitude & Silence

Community