

FACING OUR FEARS

Deut 31:8 ~ Psm 18:2 ~ Ish 43:1 – 3a

INTRO

- **Eddie Choi** is developing **an impressive** web page for us - **check it out**
 - As he worked ~ he needed info on our sermon series taken from the **Psalms** ...
 - Overall theme of these sermons is **applying** God's Word to improve the quality of our lives ~ here and now
 - Holy Spirit wants to help us move from **Despair** to **Delight**
- *A common cause of despair is **fear*** ... which comes at us from many ways
 - **FEAR** of unemployment ~ **FEAR** of failing health ~ **FEAR** of a failing relationships
 - What makes it worse is when the thing we fear - **actually happens**
 - Words like 'do not be afraid' ~ 'fear not' occur over **300** times in the Bible
 - "trust" occurs **134** times in the OT alone
- **David** wrote the 34th Psalm when he feared for his life ... **1 Sam Chpt 22**
 - He's hiding in a cave from those who *wants to **kill him***
 - **Saul's** wants to kill David ~ after David killed Goliath: **1 Sam 18:6 ~ 9**
 - David is more popular ~ Saul is jealous and wants to kill him: **1 Sam 19:10, 11**
 - David flees into the Philistine country of **Gath**
 - Unfortunately ... those there remember he killed **Goliath**
 - They take David to their King ... who deports him ... so David hides in a cave ~ where he writes the **34th Psalm**
 - It has **5 principles** we can use to **Face our Fears**

FIRST ~ ACKNOWLEDGE GOD'S PRAISEWORTHINESS

- David begins this Psalm with an expression of **praise** for his escape from Saul's attempts to murder him: **Psm 34:1 – 3** **P-1**
 - Experts assert we can't **praise God** and **be afraid** at the same time (**R**)

- Look at the second part of **V 2**: *the humble and afflicted will hear - and be glad*
 - **Humble** here refers to those **depressed** in mind and circumstance
 - Principles found in this Psalm can take us ~ from **Despair to Delight**
 - First step in **facing our fears** is to **acknowledge God's merit**
 - God's worthy of praise for He's reliable - keeps His promises
 - **Moses** also teaches us this truth: **Deut 31:6 – 8**
- Conversely - **Satan** wants us to concentrate on our **fears** ~ and not focus on **God**
 - When we do **fixate** on God's reliability ... we'll feel like David: **Psm 27:1**
 - When we focus on our Lord's **dependability** ~ we'll want to **praise** Him
 - We **can't** *praise God and be paralyzed by fear at the same time*

TRANS ~ The first step in facing our fears is to acknowledge God's praise-worthi-ness

SECOND ~ ADMIT OUR FEARS TO GOD

- **Psm 34:4**
 - Many of us **don't** like to admit our fears ... to **anyone**
 - We want to be seen as ... cool ~ calm ~ and collected
 - We really don't like sharing our fears w/ God - (**Who knows already**)
- **The under lying concept:** *to experience God's Power ... we must **admit** our fears*
 - Not wanting to admit our fears is **PRIDE** ... *as we think about this issue of **vanity** ... let's ponder the words of Jesus in **Matt 23:12***
 - **5T/337** *However trifling this or that wrong ... may seem in the **eyes of men**, no sin is small in the sight of God. The sins which man ... look(s) upon as small may be the very ones which God accounts as great (I.E.), the drunkard is despised and is told his sin will exclude him from heaven, while **pride**, selfishness, and covetousness go **unrebuked**. But these are sins that are especially offensive to God Those who are familiar with the (condemnations) against idolatry in the Word of God will at once see how grave an offense this sin (of **pride**) is.*

- **Pride** leads us to act as if we **don't need God** ... God opposes pride in His Children
 - **BUT** if we're **humble** ~ God gives us His empowering and sustaining grace
 - When we admit our weakness ... the Holy Spirit gives us strength
 - **Ish 40:28 – 31**
 - A proud person won't **wait** for **Anyone** else to help them
 - IF a **humble** person admits their fears to the Lord ~ THEN ... they can experience something dynamic in their lives
 - It's **NOT** our power ... but the almighty power of God
 - That's why David can write **Psm 34:5**
 - When we admit our fears to God ... He **doesn't necessarily** remove our difficulties
 - If and when He chooses to delay ~ He does transforms those things we fear ... into **opportunities for spiritual growth**
 - And **w/o** complete **sanctification** ~ we won't be ready for Heaven
- TRANS** ~ To face our fears ... we must: (1) acknowledge God's praise-worthy-ness;
(2) admit our fears; and:

THIRD ~ ACT ON GOD'S UNFAILING WORD

- When we admit our fears to God - He can begin to help us (He **waiting** on us)
 - **Psm 34:7** ... *the Angel of the Lord camps around those who respect Him*
 - God ~ as the Holy Spirit ~ **encamps** around those who worship Him
 - Meaning: God positions Himself around His obedient children
 - **He's there to stay**
 - **Psm 34:8 a** ... *taste and find out for yourself how good God is*
 - When you're offered some food you've never eaten before ... we usually taste it ~ we try it out
 - David is encouraging us to - **give God a try**



- On the bulletin board in the office is a powerful **bumper sticker**:
 - *Try Jesus ~ if you don't like Him ... Satan will gladly take you back*
 - How does one **try** Jesus: **Psm 34:8** **trust** = confidence, dependence
- **Trust** is putting those beliefs we claim ... into practice (**Faith**)
 - **Only then** will we actually experience how truly good God is
 - Our Lord wants us to TASTE (experience) His goodness ... we do that when we **trust** Him ... we put our **faith** in Him - and His Word
 - Some of us have a lot of **head knowledge** about Jesus ~ but:
 - Until we step out in **faith** ~ and act on the what Bible says ...
 - We'll never experience what's recorded: **1 Pet 2:1 - 3**
 - *Written by the guy who stepped out ... onto the water*

TRANS ~ To face our fears means we must:

(1) acknowledge	God's praise- worthi -ness
(2) admit	to God our fears
(3) act	on God's Unfailing Word ~ and:

FORTH ~ APPROPRIATE GOD'S POWER

- We do this IAW God's Word (**above**) - **Psm 34:15** then **17, 18**
 - Does this seem **too** simplistic ... not sophisticated enough for the 21st century ??
 - Look with me at **1 Corth 1:18** then **1 Corth 2:14**
 - When we're reluctant to cry out to the Lord ... remember - **Jam 4:2 b**
- **TM/483** ~ *In our individual experience we are to be taught (by) God. When we seek Him with a sincere heart, we will confess to Him our defects of character - and He has promised to receive all who come to Him in **humble** dependence. The one who yields to the claims of God will have the abiding presence of Christ, and this companionship will be to him a very precious thing. Taking hold of divine wisdom, (we) will escape the corruptions that are in the world through lust. Day by day (we) will learn more fully how to carry (our) infirmities to the One who has promised to be a very present help in every time of need.*

- There's **another powerful truth** King David wrote ~ **Psm 34:19**
 - This **doesn't mean** being a Child of God exempts us from troubles
 - BUT ... *the Lord will save us out of them* **all**
 - God delivers us -- when we appropriate His power ... thru **prayer**

TRANS ~ Facing our fears means we must:

- (1) **acknowledge** God praise-worthy-ness
- (2) **admit** our fears
- (3) **act** on God's Unfailing Word
- (4) **appropriate** God's Power ~ **and:**

FIFTH ~ **ACCEPT GOD'S PLAN**

- Maybe after praying to God ... we still **think** our problems will surely overtake us
 - There's one verse in **Psalms 34** which sums up the whole issue: **V 22**
 - **"condemned"** literally means **lost** or **perish**
- To face our fears ... we must know and claim the promises of God's Word
 - Here's one I'd encourage you to memorize: **Psm 27:14**
- **So** ... even after seeking God's help ~ our troubles may **not** go away
 - The pressures and stresses may **not** leave -- that's how God works sometimes
 - **FAITH** develops and grows during times of trouble ... **not** after the challenges are all over
 - **"Difficulties are food for faith to feed on."** George Muller
- The Study Bible note for Psm 27:14 reads: **"wait"** = wait in **eager anticipation**
 - The Hebrew word we translate as **wait** literally means ... to bind or twist
 - It is a verb which describes making a rope stronger by twisting or weaving the several strands together
 - As we **wait** ~ God's strength is woven into our lives: **Ish 40:31**

- In the midst of our scary challenges ~ part of God's plan is for us to **wait** on Him
 - Instead of choosing to be paralyzed by fear ... let's see these situations as **opportunities** for God to weave **His power** into our lives

CONCLUSION

Facing our fears means we must:

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|------------------------|---------------------------------|
| (1) acknowledge | God praise- worthi -ness |
| (2) admit | our fears |
| (3) act | on God's Unfailing Word |
| (4) appropriate | God's Power |
| (5) accept | God's Plan |

- Want to close by having us **prayerfully meditate** upon powerful song - **video**

Closing Hymn ~ # 37 O sing, My Soul, Your Maker's Praise