

## When Fear Makes you want to Flee, Flee to God

[**Proposition: The way to weather fear-inducing situations is to trust God.**]

**INTRODUCTION:** Microburst at camp, Daniel in Gym, Gabriel low Fear/anxiety in the moment of crisis, but sometimes that fear/anxiety will linger with us and even seem to build over time.

## When Fear Makes you want to Flee, Flee to God

### I. Life is full of situations that cause fear and anxiety

- the Scriptures are not esoteric or irrelevant to our modern life
- we may not face the exact same struggles as King David (**superscript**), but his descriptions strike a chord
- what helped him can help us too

#### A. *Effects of fear (v. 4-8)*

- v. 4, heart in anguish
- v. 5, fear and trembling
- v. 6-8, I just want to run away!

**ILLUSTRATION:** Ted Lasso panic attacks / panic attack in St. Aug

### B. *Fear without and within*

#### 1. *Danger*

- v. 1-2, the psalmist cries out for God to react this conflict
- v. 1, “hide not yourself” // compare **Deut 22:1-4**
- David repeatedly cries out for God to come to his aid (morning, noon, and night, v. 17)

**APPLICATION:** Prayer!

- v. 3, noise of the enemy outside the gates
- “they bear a grudge” - people are coming to attack him.

**ILLUSTRATION:** Life & Livelihood threatened

#### 2. *Wickedness*

- v. 9-11, there is “violence, strife, iniquity, trouble, ruin, oppression, and fraud” everywhere within the city
- it feels as if everyone is out to get everyone else
- as God’s people we want to see justice and equality
- moreover, this leaves us not knowing whom we can trust

**ILLUSTRATION/APP:** Kelly description of fashion school.

#### 3. *Betrayal (v. 12-15)*

- sting of betrayal
- v. 12, I could bear an enemy doing this to me, but (v. 13) it is my companion, my friend
- v. 14, in fact we worshipped together in the “God’s house” the Temple

**ILLUSTRATION/APPLICATION:** Church hurt

#### 4. *Manipulation (v. 20-21)*

- v. 20, violated his covenant,
- v. 21, smooth and soft speech, but there was war in his heart

**ILLUSTRATION:** Judas

**GOSPEL:** We can read this whole psalm as a foreshadowing of the Gospel. Jesus Christ was in “anguish” in the garden knowing he would be betrayed by his friends, and-in order to save us from wickedness and death—have it poured out on him.

**-He has walked this path of fear and can relate to our struggles -but more than that, he has borne our “violence, strife, iniquity, trouble, ruin, oppression, and fraud”**

### II. What does anxiety/fear teach us about ourselves?

- our goal in these sermons has not been to brush off our emotions, but to go THROUGH them to discover what they teach us about our DEEPEST LONGINGS and how GOD answers those

## ***A. We feel fear/anxiety when we face issues of:***

### *1. control*

-Dr. Jim Coffield // also Dan Allender

*-Anxiety struggles are when you dwell on those things which you need but don't control, or when things are or have been out of control, or when they have been caught out of control.*

**ILLUSTRATION:** Think of anxiety as a hiker on a trail carrying a pack. Anxiety attacks are the muscle cramps and spasms that are your body saying "get this pack off me." Talking with people about their anxieties is trying to take what we can out of the pack.

### *2. capability*

-do I have what it takes?

-things may be out of your control because you don't have the capability  
-you wonder if you have the expertise, strength, or even the fortitude

### *3. trust*

-if you don't have control because you don't have the capability, then you have to trust someone else  
-but life so often reveals that you can't always trust people to do what is right, let alone work for your best interest

## **ILLUSTRATION:**

-Nothing in the psalm reveals the exact situation David was facing  
-but many people pointed out the case of the rebellion of Absalom and the betrayal of the King's counselor Ahithophel

## **III. The answer to our anxieties and fears**

### ***A. God hears our prayers and responds***

-v. 17, "he hears my voice" and v. 18, "redeems my soul"

-v. 19, "he will hear and humble them"

**Illustration:** Spurgeon, *Psalm 55*, "The saints run as naturally to the mercy-seat in time of trouble as the little chickens to the hen in hour of danger"

### ***B. God rules***

-v. 19, "he who is enthroned from of old"

-even when you think you are in control, you really aren't

-even when it feels like God isn't in control – HE IS

-Crucifixion (**Acts 2:23**, Def. plan and foreknowledge)

-he is worthy of fear

-conduct yourself in light of his sovereign rule (in your fear do not sin)

### ***B. God sustains his people***

-v.22, "he will sustain you...never permit the righteous to be moved"

-doesn't mean things will turn out the way you necessarily want

-but that God will give you everything you need to do his will

**ILLUST:** -Apostles, Fathers, Reformers, and WE are the right men & women for the right time

-**Hebrews 13:20-21:** <sup>20</sup> Now may the God of peace who brought again from the dead our Lord Jesus, the great shepherd of the sheep, by the blood of the eternal covenant, <sup>21</sup> *equip you with everything good that you may do his will*, working in us that which is pleasing in his sight, through Jesus Christ, to whom be glory forever and ever. Amen.

### ***C. God will judge the earth***

-v. 1, "hide not yourself"

-v. 9, "destroy, O Lord, divide their tongues"

-v. 15, "let them go down to Sheol alive"

-v. 23, "you will cast them down into the pit of destruction"

-ultimate confidence and hope is not the resolution of the situations that fill us with fear – but the coming of the justice of God

-he will come again to judge the living and the dead

## **Conclusion**

-v. 23, "but **I** will trust in the Lord"

-pronoun "I" is grammatically unnecessary in Hebrew, it is EMPHATIC