

# A Prescription for Dealing with Fear

Dr. Jim Cecy

## Introduction:

*I resolve to not let one day pass where I do not wake up and bless the Lord with my whole being and rehearse all of His benefits. (cf. Psalm 103:1-5)*

- God has a clear prescription for living in a fear-producing world.  
Psalm 25:14 “The secret of the Lord is for those who fear Him...”
- Learning how to handle our daily fears lies in our commitment to learn how to fear the Lord.  
Psalm 34:11 “Come, you children, listen to me; I will teach you the fear of the Lord.”

## I: THE BIBLICAL DEFINITION OF “FEARING THE LORD.”

### 1. To “fear the Lord” is to OBEY HIS PRECEPTS

- Psalm 111:10 “The fear of the Lord is the beginning of wisdom; a good understanding have all those who do His commandments; His praise endures forever.”
- Proverbs 8:13 “The fear of the Lord is to hate evil”
- Ecclesiastes 12:13 “Fear God and keep His commandments” (Lit, “...fear God BY keeping His commandments...”)
- “Do not fear for I am with you.” said it to Moses (Ex. 4), to Gideon (Ju. 6), to Jeremiah (Jer. 1) to Jonah (Jonah 4)  
“I am with you ALWAYS.” (Matthew 28:20)
- Psalm 27:3 “Though a host encamp against me, my heart will not fear; Though war arise against me, in spite of this I shall be confident.”
- Psalm 56:3-4 “When I am afraid, I will put my trust in Thee. In God, whose word I praise, in God I have put my trust; I shall not be afraid....”

### 2. To “fear the Lord” is to TRUST HIS PROMISES

- Philippians 4:19 — God will supply ALL our needs “...according to His riches in glory in Christ Jesus.”
- Philippians 4:6 “Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.”
- Our Heavenly Father knows our needs even before we ask Him (Mt. 6:8; cf. 1 Peter 5:7; 2 Peter 3:9)
- Psalm 11:11 “You who fear the Lord, trust in the Lord.”
- Psalm 56:4 “In God, whose word I praise, in God I have put my trust; I shall not be afraid...”

### 3. To “fear the Lord” is to RESPOND TO HIS POWER

cf. Exodus 20:18-20

- Luke 12:4-5 “...do not be afraid of those who kill the body, and after that have no more that they can do. But I will warn you whom to fear: fear the One who after He has killed has authority to cast into hell; yes, I tell you, fear Him!”
- Luke 12:7 “...do not fear, you are of more value than the sparrows.”  
**We deal with our fears by running into His LOVING and POWERFUL arms!  
Unrighteous fear and worry is nothing short of a denial of God's power and love.**
- Psalm 19:9 “The fear of the Lord is clean...”

## II. THE SUBSTANTIAL RESULTS OF “FEARING THE LORD”

### Result #1. We experience His POWER to deal with what we fear.

- Psalm 34:4-7 “I sought the Lord, and He answered me, and delivered me from all my fears. They looked to Him and were radiant, and their faces shall never be ashamed. This poor man cried and the Lord heard him, and saved him out of all his troubles. The angel of the Lord encamps around those who fear Him, and rescues them.”

### Result #2. We experience His PROVISION to meet our needs.

- Psalm 34:8-10 “O taste and see that the Lord is good; How blessed is the man who takes refuge in Him! O fear the Lord, you His saints; For to those who fear Him, there is no want. The young lions do lack and suffer hunger; But they who seek the Lord shall not be in want of any good thing.”
- Psalm 103:1-2 “Bless the LORD, O my soul, and all that is within me, *bless* His holy name. Bless the LORD, O my soul, and forget none of His benefits...” (cf. Psalm 103:5—He satisfies our years with good things)
- 2 Corinthians 9<sup>8</sup> “And God is able to make all grace abound toward you, that you, always having all sufficiency in all things, may have an abundance for every good work.”
- Psalm 33:18 “Behold, the eye of the Lord is on those who fear Him...”
- Psalm 56:3-4 “When I am afraid, I will put my trust in Thee. In God, whose word I praise, in God I have put my trust; I shall not be afraid. What can mere man do to me?”
- Psalm 118:6 “The Lord is for me; I will not fear; what can man do to me?”
- Proverbs 3:24-26 “When you lie down, you will not be afraid; When you lie down, your sleep will be sweet. Do not be afraid of sudden fear, Nor of the onslaught of the wicked when it comes; For the Lord will be your confidence, And will keep your foot from being caught.”
- Proverbs 19:23 “The fear of the Lord leads to life, so that one may sleep satisfied, untouched by evil.”

### **Result #3. We experience His PEACE to bring rest in a fear-producing world.**

- Psalm 27:1-3 “The Lord is my light and my salvation; Whom shall I fear? The Lord is the defense of my life; Whom shall I dread? When evildoers came upon me to devour my flesh, My adversaries and my enemies, they stumbled and fell. Though a host encamp against me, My heart will not fear; Though war arise against me, In spite of this I shall be confident.”
- Proverbs 14:26-27 “In the fear of the Lord there is strong confidence, and His children will have refuge. The fear of the Lord is a fountain of life, that one may avoid the snares of death.”
- Proverbs 31:25 “...she smiles at the future.” (v. 25)—i.e. someone who laughs whenever she is tempted to panic about the future because of her confidence in God.

#### **The Psalmists’ Prescription for Dealing with Fear**

**Step #1. Refuse to allow the consuming fear of creation to control you.**

**Step #2. Expect the worshipping fear of the Creator to protect you.**

- Psalm 112:1 “Praise the Lord! How blessed is the man who fears the Lord...”
- Psalm 128:1 “How blessed is everyone who fears the Lord...”
- Psalm 22:23 “You who fear the Lord, praise Him...stand in awe of Him”
- Psalm 33:8 “Let all the earth fear the Lord; let all the inhabitants of the world stand in awe of Him.”
- King Solomon’s proverbs presents even more results for those of us who fear the Lord. For example,
  - we will live more humble lives (Proverbs 8:13; 15:33; 22:4)
  - we will live more abundant lives (Proverbs 19:23; 14:27)
  - we will live more wisely (Proverbs 1:7; 9:10; 15:33)
  - we will be more protected from evil (Proverbs 16:6)
  - we will have more confidence (Proverbs 14:26)
  - we will receive more honor from others (Proverbs 31:30)
  - we will sleep satisfied, untouched by evil (Proverbs 19:23)
  - we will be more prosperous (Proverbs 22:4)
  - we will become a fountain of life to others (Proverbs 14:27)
  - we will live longer (Proverbs 10:27)
- Psalm 36:1 “Transgression speaks to the ungodly within his heart; there is no fear of God before his eyes.”

### **Conclusion:**

#### **The Story of King Jehoshaphat (2 Chronicles 20-21)**

- Psalm 40:3 “He put a new song in my mouth, a song of praise to our God; many will see and fear and will trust in the Lord.”
- Psalm 102:15 “...the nations will fear the name of the Lord...”
- 2 Chronicles 20:30 “So the kingdom of Jehoshaphat was at peace, for his God gave him rest on all sides.”
- Isaiah 40:10 “Do not fear, for I am with you; Do not anxiously look about you, for I am your God. I will strengthen you, surely I will help you, Surely I will uphold you with My righteous right hand.”

**“When you’re overwhelmed, give it all to God. Then, resist the urge to interfere.”**