

Fending Off Fear: Psalm 56

Context: 1 Sam. 21:10-15 David is afraid. Healthy *emotions are given by God to put us "into motion."* Unhealthy fear is when it turns to anxiety and then to prolonged worry. It's what you do with fear. David's solution in extreme fear:

1. **Pray your fears.** V.1-2 Recognize our fear and/or anxiety. *Jesus' primary goal in Mt. 6 was to teach us that our emotions reflect what is going on in our hearts (what we love), values (what's important to us), and thinking (what consumes our attention).* **Psalm 139**-search me and try me, see if there is any anxious way... It's through honest dialogue and making reordered choices toward God that we truly begin to know ourselves and avoid self-deception.
2. **Trust despite your fear** V.3- Typically, fear and anxiety inversely correlates to my trust levels. Matthew 6-10 describes scenarios to understand that Jesus' disciples lack power to control outcomes, but He doesn't. Throughout His life, Jesus challenged us to examine our fear, worry, and anxiety as clues into who we worship or what we worship in any given moment.

How do I give trust more power than fear? Unhealthy fear is a self-focus. Put off fear, put on faith which is God and others focused. It's self-forgetfulness.

3. **Cross Eyed-Focus** V.4 In what He says. And who He is. If we focus on the fear, anxiety increases and worry debilitates. Focus on Jesus - Heb. 12:2; God and His attributes and the object of fear is robbed of power. Why does this work? Perfect love casts out fear. My self-love/self-preservation can only be conquered when a greater power overcomes.
4. **Remembrance-** V.5-7 Keep calm and trust on... David's attention drifts back on the object of his fear. But v.7 he forces it back on to God's character: His ultimate justice and power and V.8-9 on His track record. Psalm 77:12 in crisis- *I will reflect on all you have done and meditate on your actions.*
V.10 **Praise** in times of difficulty is a purposeful way of refocusing and remembering.
V.11 Again, back to a constant reminding.

*Note: It is possible that there is a physical problem in the body where modern medicine can be beneficial or even a temporary solution. However, the vast majority of the time, extreme anxiety and worry is a spiritual problem, caused by unbiblical thinking patterns. This message outlines the general biblical pattern. The brokenness wasn't caused overnight, and often isn't solved unless we make a practice of continually going back to biblical thought patterns.

Questions:

1. Examine your heart by looking at your anxieties and ask God, "What is the root fear of my anxiety"? What do I fear losing if that object/person is damaged, taken away, etc.
2. What do I have to be thankful for? Begin to praise and thank God for those things.
3. Think about your worries. What am I focusing on? What aspect of God's character and actions for me could I replace that focus with?

Announcements:



Women's Ministry: August Summer Fun Events and Sisters Events - More info here!



Baptisms: Aug. 13th - Sign up Here!



BRIGHT Worship and Info Event: Aug. 17th - Let us know you are coming!



Discover Bible Study: Aug. 20th



Sunday Serve and Cookout: Aug. 27th - Learn ways to get involved in your local church and enjoy hotdogs and hamburgers to the glory of God!