

COLLEGE AVENUE BAPTIST CHURCH

Psalms: A Summer Sermon Series

Part 8 - "When Fear Feels Crippling"

Psalms 56 | Sunday | August 10th, 2025

"When I am afraid, I put my trust in you.

*In God, whose word I praise, in God I trust;
I shall not be afraid. What can flesh do to me?"*

Psalms 56:3-4

> 2 Timothy 1:7 ...

Here, we have a young man who heard the gospel and began the work of following Christ as he followed Paul. But Timothy was young & timid... feeling insecure and fear over who He was and what He was called to do.

> The Context of Psalm 56

1 Samuel 17-20 (and ch. 21-22) show us that David wasn't necessarily having the best of days. The 56th Psalm comes from David's experience of fear and anxiety after learning he was trying to be captured and killed for what happened in Gath (the hometown of Goliath).

~ In the four gospel accounts, we see the words of Jesus when he said "**Do not fear, just believe.**" But we still do, it's natural. So how do we fight against the tendency to feel fear.

I. The _____ of Fear in This Life

~ One of the more promising aspects of this psalm is David's transparency. He openly acknowledges his fear, but makes a conscious decision to trust in God.

~ Recognizing the problem of fear is a powerful first step towards overcoming fear & anxiety.

> Perhaps, the biggest thing David teaches us in Psalm 56. Christians need to face our fear with _____.

- Psalm 56:3. "When I am afraid, I put my trust." (present tense)

- But, it's important to see *who* and *where* we place our faith and trust. We place it *IN* the Sovereign Shepherd; the Lord Jesus.

- And we do all of this by FAITH; * Hebrews 11:6

- Why put faith in Jesus? cf. Titus 2:14

II. The Response of _____ God With Your Life
~ David responds to these overwhelming feelings of fear by giving God his life. He *commends* his life to God.

~ But something changes between vs. 3 and vs. 4!

"In God, whose word I praise, in God I trust; I shall not be afraid." (future tense)

> David shows us that in moments of true fear, we should praise God in times of great _____.

~ But how do we praise the word of God? Let Scripture interpret Scripture; Notice John 1:1-3

"In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things were made through him, and without him was not any thing made that was made."

> The Reason We Can Trust God and Not Fear <

~ cf. Matt. 26:36-38... Jesus praying in the garden before the cross. He felt *sorrow* and *troubled*... But He did not _____.