

May 5th – When I Am Afraid

“Whenever I am afraid, I will trust in You. In God (I will praise His word), in God I have put my trust; I will not fear. What can flesh do to me?” (Psalm 56:3-4)

Unfortunately, it seems that fear is a significant part of the human experience. People are afraid of so many things – getting sick, inability to pay bills, tragedy to a child, etc. Being afraid does not do one thing to improve our situation – in fact, it only makes things worse. But that doesn’t keep us from working ourselves all up into a fear-induced tizzy about things that are usually beyond our control. Even the most faithful among us would have to confess there are times we battle with Freddy Fear.

What are we supposed to do when we are tempted to live in fear? David provides us a wonderful answer. On the occasion of Psalm 56, he had been captured by the Philistine king and was in jeopardy for His life. It just so happened that God spared His life, but David was initially afraid because he did not know what the outcome would be. He said, “Whenever I am afraid, I will trust in you.” Trust in who? “In God...in God I have put my trust.” David said the antidote for fear is trusting God!

David also gives us a key parenthetical point – “I will praise His word.” In the midst of his captivity, David was able to look back on the Word of God and know that the Lord had promised to make Him King of Israel. Placing His confidence in God and His Word, David overcame his fear and made this awesome declaration – “What can flesh do to me?” Amen! Fear is the absence of faith. If you are living in fear, it’s time for you to renew your faith in God and trust in the promises of His Word!