

PSALMS

the heart of the word

PSALMS: The Heart of the Word: Overcoming The Fear Of People

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Scripture Reference: Psalm 56:1–11

The Psalms of the Bible are a collection of songs from different writers, functioning like a hymnal for the full expression of human emotion. Sometimes joyous, sometimes peaceful, sometimes motivating, sometimes sorrowful, sometimes angry. Join us for this five week look at how the Psalms are helpful in teaching us about God's heart, the heart of the scriptures and the heart inside you and I visit doxa-church.com for service times or more details on how we make disciples in the everyday stuff of life.

Good morning, Doxa today, we'll be reading Psalm 56 verses one through 11. Be gracious to me. Oh God. For man tramples on me all day long. An attacker oppresses me, my enemies trample on me all day long for many attack me proudly. 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? All day long they endure my cause. All their thoughts are against me for evil. They stir up strife. They lurk. They watch my steps. As they have voided for my life for their crime. Will they escape in wrath cast down the people's oh God, you have kept count of my tossings. Put my tears in your bottle. Are they not in your book? Then my enemies will turn back in the day when I call this, I know that God is for me in God, whose word I praise in the Lord whose word I praise, in God I trust; I shall not be afraid. What can man do to me? This is the word of the Lord. You may be seated.

Well, good morning, everyone. Hey, for those of you that don't know me, my name's Eddie. I'm the lead teaching pastor here at Doxa, Glad you guys could all, join us. Thought you'd all be on a boat right now. <laugh> you know what I realized was everyone who knows what Seafair is, is there and all, you don't know what Seafair is or else you'd be there too. Right? Wait, we're gonna, we're gonna have some energy today. I promise. Okay. Hey, we're in Psalm 56. We just heard Hilda read it. If you have a Bible, please pull it out. We're gonna be diving in it. It'll be on the screen. But honestly going through it in an actual text or uh, on a phone will be really helpful for you. Sound good. Let me pray over us. And we'll get started.

Lord Jesus in a text that's all about fear on a sunny day in the summer Lord you've predestined this day for all of us and maybe in a season where we, we feel a lot of fear. We don't fear, fear at all. You actually have a word for us that it goes beyond our understanding of why. And so Lord, I pray that you would open our hearts and our minds for you. I pray that there is something in our stories, um, that could unite us together in overcoming fear in worshipping you. And I pray that, um, that there's protection over this place. As many of us feel lots of fear in our lives, Lord God. So I pray for a hedge of protection around this place with this holy spirit, seal this in place for these next few minutes. So that way we can get into something that's deep and hard for many of us.

I love you, Lord, we praise you in Jesus name. Amen. All right. So, um, I played a lot of football growing up and I started playing at six, which is really young, not tackle football, but I started playing football with an actual ball and some flags. And I got recently asked to coach my, uh, my son's flag football team. And so it's bringing up a lot of memories about, you know, some of my early days playing. Well, I, I played a long time and, and I played all the time. I played constantly, you know, played flag football and I played pop Warner football. And then I, you know, I played had recess and just any time I could tackle somebody or throw a ball in the air and catch it, I, I would take the opportunity to do it. And I was really training. And at a certain point, the fun became training.

And I started training for a moment one day where I would start in an NFL football game. And I would, you know, there'd just be this big monumental moment. It was this huge goal for me. And I actually did get an opportunity to do that. And so th--there was one moment just maybe, I don't know. Well, I guess it was like 13, 14 years ago. I finally got the opportunity. I remember getting the call Sunday night, Hey, you're gonna start for, um, this week. And I remember being so excited about my finally my moment's finally come and then Monday morning I woke up and I didn't feel as excited. In fact, I felt panicked, paralyzed. In fact, really, really scared because it sort of weight and gravity of all of that hit me. I mean, for instance, there's gonna be, you know, 60,000, you ever been a football game.

There's like 60, 70,000 people there watching you, right. Maybe they're all looking at you, but when you're afraid, they're all looking at you. And they're all watching me. And not only that, there would be, you know, hundreds of thousands, if not millions of people watching on television. And if you did something stupid, they would show it again and again and again, and in slow motion. And so I was starting to get pretty nervous. And not only that, the next day after the game, your peers watch what you did together in a dark room like twi--dozens and dozens of times together, you watch it soul motion, fast forward, rewind. What'd you do there? What'd you do there, watch it watching, watch it. And not only that, but people that brought you there, your coaches can also get rid of you and fire you. And so if I did something so bad, they might fire me and I would have to move my family across the country.

And so then I'd have to pick them up and go from this city to that city or this city to that city. I have no idea where that would be. In two days time, I could be in a completely new city, all because I made one little mistake. It was terrifying. So nonetheless sort of came crashing down on me. I started feeling this weight. The truth was I wasn't just paralyzed. I didn't have the "yips". I wasn't just, I didn't have anxiety. I had fear. I was afraid. I was afraid of failing. What, what would people think of me if they saw what I did? What would my family think? Would I crush their expectations of me? What would my peers think? My teammates, my coaches, what would,

what would people in the media say? What, what would all these people think about me? So I decided to go, I'm gonna go to practice.

And then the Wednesday, which is the start of the week, I started practicing. And I'll tell you what, man, my brain never have my brain and my body been so disconnected. <laugh> you ever have one of those moments where you're thinking one thing and your body's doing another and they're not lining up. That was me. I could not think I could not get anything. Right. I could not remember anything I was supposed to do. It just came collapsing down on me, panic, sweaty palms, freaking out heart rate through the roof, never before had something. So mental controlled my physical before, have you ever had one of those moments where you're so worried or fearful that maybe your performance wouldn't be up to up to expectation and people would reject you. You ever felt like that been a moment of fear where you're afraid of maybe taking a new job and maybe your performance people, what people thought of you in that job?

They're like, ah, this isn't the person I interviewed. You ever felt that you ever feel this moment where you're moving into a new city and you just left all these great people who you love so much. And you're going into this place. And you're like, ah, I don't know anybody. How am I gonna make a friend here? I'm never, she's never gonna be the person that I remember. This guy's never gonna be my best friend. He's never gonna be that. Or are you--have you ever been so afraid that you knew you had something really difficult to share with somebody and you knew that they needed to hear it, but you were afraid of the ramifications of bringing that to them. What that might do for your friendship. Have you ever experienced those? If so, then you're a lot like me and you're really probably like all of us.

I, I think you're like all of us and you then experienced what the Bible calls, the fear of man. Now the Bible speaks pretty clearly about what the fear of man is and what the fear of other people will do to you. Proverbs 29 says that the fear man is a, it's a snare. For those of you don't know what that is, a snare is--It's a trap. It's a trap set to distract you from what's most important or what you're called to do. And just as an animal that gets caught in a trap in the wilderness, can't fulfill its duties and callings in life. You, if you succumb to the fear of man, can't fulfill the calling, God has for you in your life, can't do it. And as you well know, this is an incredibly difficult trap to overcome. It's very hard. And some people are ruled for this, their entire lives, but you do have a choice.

You actually do. I actually have a choice in my fear of man, you can choose to fear the person, the situation, or you can choose to fear God. And those are your two choices. Now, for those of you confused with this idea of what fearing God is well fearing, God fear really think about it. Like this fear is to be taken as a, a level, a high level of healthy reverence and respect for the object so much so that you care a lot about what they think of you. Right? I have a fear of God means that my behavior, I behave in such a way that I'm worried and concerned and, and, and hoping that God will have input and feedback for me in the way I decide to live my life. Now you can do that for someone else, or you can do that with God.

But the snare is the trap then is to get you to fear something other than God. And the problem with fearing something other than God is that object will often rule you like a dictator. And it ruled me my fear controlled my body. It controlled my ability to do what I had been doing since I was six years old. Fear is a powerful dictator. It can cause you to change your behavior. It can

cause you to get up and move cities. It can cause you to quit your job, abandon your spouse, or even your children.

60% of parents in the United States. You don't know the east side or, or single parents. 40% of children grow up with a father in the home. Fear has something to do with that. But a healthy reverence respect for God is good because God's actually good. And he's not an evil dictator. He loves us and he wants what's best for us. Finally, by the Friday we play on Sundays. I, I started getting nervous and asking for help, which is hard for me to do. So I finally found a friend and I said, Hey, what do you do to help you? You know, get over the nerves. He said, oh, well, what I do is when I'm in the parking lot, the week before I'm nervous, I write something from the Lord on my hand and I will recite it to myself over and over again. It'll help me sort of get in the framework and remind me of who sort of I'm created to do, created to be great guy to ask.

So me being the impressionable young, lad I was, I rushed home flip through this Bible and I'm not a big fan of like, that's a verse from God sort of guy, but I did it and it was Psalm 56 and now I'm preaching on it 15 years later. So who knows? And I flip to this verse and I decide I'm gonna write the, some of these verses on my hand. And I start sketching. 'em out writing 'em on my hand. I realized that fear of God made me a better person and fear of men and women made me worse. What you'll realize is that fearing God makes you better and fearing others makes you a worse version of yourself. And that's what we learned in Psalm 56. Now what's in this Psalm. Well, the author, his name is David King. David, you may have heard of him tremendous angst in fear.

He's experiencing in this moment as he's writing this from his enemies, he's on the run. So on the run from king Saul, his arch enemy, and he finds himself with little help, little protection and little hope. And naturally as David often did, he turns to God in prayer and through song. So by understanding Psalm 56, we can discover how we can overcome that intense desire to fear other people because fearing God makes us better and fearing other people makes us worse. You're gonna learn four things from David. Here's the first one, verse one be gracious to me. Oh God for man tramples on me. This is how he feels right? All day long. An attacker oppresses me. My enemies trample on me all day long for many attack me proudly. Now this is king David. We're talking about. Now there's a lot on the internet right now for the youngsters in the room about, you know, people having toxic traits like what's your toxic trait.

I wanna tell you what my toxic trait is. It's going on the internet and looking up animal fights on YouTube. So I love watching violent animal fights between, you know, you name it. Komodo dragon golden Eagle, boom. Like I wanna see who wins this match, right? There's two animals that always come out on top, always come out on top. They are a grizzly bear and a lion. They always win this guy, David, killed both of them. A human being killed both. And he's afraid. He's afraid. If David can be afraid, we can all be afraid. Many of us were taught that fear is not something we're supposed to have. And if you love Jesus, you shouldn't be afraid. That's not true. It's okay to be afraid the way king David was afraid. Now what you do with the fear is a whole 'nother matter. The first step in overcoming fear of others is to do what David did. And here's what he did.

Be honest. Don't be afraid to give it to God straight. Lord, this is how I'm feeling. <laugh> I am stressed out. I am struggling. I am afraid you can bring your just honest, just blow up to God like, oh my gosh, I can't believe this person. My marriage is on the rocks, Lord. What do I do?

You can bring that to him. Don't come with a, a spiritual filter. Many of us learn these sort of spiritual veneer. We place over ourselves as we grow up. Especially if you grow up in like a really formal denomination and you learn when you pray to God, you've gotta be buttoned down and you've gotta have the suit on. And you've gotta pray in old English. And you've gotta thou, thouest, God, oh, father of thoust will not thoused grace upon me with my nickers this evening. And you're talking all this weird stuff and no one understands you.

Okay? You don't have to come to God that way. And you don't have to come with an emotional filter where we are stoic. We're not allowed to be angry. We're not allowed to be sad. We're not allowed to be happy. We come to God and we're very formal. And we pray. Now, if you wanna do that, you can, but here's what you should do. You should come to God, honestly, come to God. Honestly, you say, Lord, I need grace today. I need grace. I might say something. I shouldn't say, please give me grace to overcome that. You know, a lot of us were afraid to be what's called needy before God. And I know why you're afraid to be needy. You're afraid to be needy because every step along the way of your life, you've been taught that you're not supposed to be. And so if you fall down as a kid, it's like, we cuddle you for a certain extent. But at a certain point, you go, Hey, listen, you should be fine by now. Right? You get to high school and your teacher tells you, listen, no one's gonna help you. You're gonna have to accomplish this on your own. You watch a YouTube video on TV and they say, it's time to hustle. No, one's gonna give it to you. You gotta earn it yourself. Mom and dad, aren't coming, save you anymore. And you learn all these ways in which your neediness is a toxic plague on your life.

I'm not supposed to be needy. And we don't like to be needy before other people, because it's a flaw in my character. It's a flaw that if other people see they'll know I'm weak.

But neediness is not a flaw. It's not a sin. It's actually our design. God designed us to be needy people. Did you see that one coming? Genesis chapter two, God says, it's not good for man to be alone. We need each other. Don't we, we need relationships and we don't have 'em. We wither. You ever seen somebody, maybe a recluse has no family, no friends. What happens to them? It's like a flower or a plant without any water, without any sunlight. They shrink away. They become like the Grinch, right? That's what happens. It's sad. You were designed for connection with other people and with God. And so our neediness then becomes our design in a design. We need to get the needs met for. We have to tell God about this. And yet we suppress, we suppress our neediness and we go to God the way we're supposed to go, because I read the Bible and this is how the Bible says, I'm supposed to approach God. And we get real theological, but God is not a multiple choice test that if we answer correctly, we get an A. He's a person.

We tell him how we feel authentically. Sometimes we get so caught up trying to share the right answer. Lord, I just gotta make sure I get this right before I, before I say this to you, sometimes the right answer is not the most transformative answer. Sometimes it's the raw unfiltered emotion of where you're at. "I, I don't have anyone to help me in this" that allows God to serve you in the best way. Surrender your emotions truthfully and see how God can bring change. Be honest. Okay? That's our first thing. Let's move to the next one. Now, when we're talking about fear, this idea of fear, there are really two paths. I believe that all of us can take or that are most often taken. When I, when it comes to fear, look, it'll, it'll become clear. We put on the screen fearless and fear-full, fearless and fear-full.

We can live in each of these different lanes. When we think about fear right now, imagine what category you're in right now. Are you the fearless one? Oh, I mean, not afraid. I mean, yeah. Well, not all the time. Right? Fearless fear-full. Oh my gosh. I can't do it. Right. These are the two categories. Now, when, when we're fearless, we believe that we shouldn't be afraid of anything, right? We're never supposed to be afraid. I mean, again, we were taught that being afraid is something we shouldn't be if we're a good Christian. And so what we do is we remember all of the verses where God tells us not to be afraid. I will put down O Fear O God, I will never be afraid. Oh my gosh, you were in my presence. I, you, you conquer all fear." And we love those worship songs. And we just smile and smile fearlessness though, this idea being fearless, it can often be a mask that we wear to portray that we're something we're not when we're fear-full.

And I put it up there like that on purpose, fear-full it's when we're full of fear and we're paralyzed by fear all of the time. So the moment any fear enters our bloodstream, we hit the eject button, right? You're you're driving up to the, to meet the new parents. Ooh. You know, flat tire, Hey, I'm not gonna make--out of there. Right? The moment any of that fear comes. I'm supposed to tell this person about the Jesus. I'm gonna here I come. I'm gonna talk to 'em about that. Oh, fear hit the eject button I'm gone for you. Fear is it's your turn off. It's out. We're outta there. Fear. Oops. I'm scared. I gotta go fear-full--fearless and fear-full. These are the two areas we can take, but there is actually a third option. There's a third option. And here it is, embrace your fear.

This is the second thing we learn about overcoming the fear of people. It's not to be fearless. It's not to be fearful. Remember David, this king kills a bear, kills a lion, governor of armies. He's a tough guy. And he embraced his fear. He doesn't deny fear's presence in him. He doesn't pretend like he isn't afraid, but he, he doesn't run from his fear either. He embraces it. Look at verse three, when I'm afraid, I put my trust in you. When I'm afraid, I put my trust in you. David gives--David gave himself over to a trust in God here. And he doesn't say, and this is really important. He doesn't say like, if I'm afraid, oh God, or well, after I'm being done, being afraid, oh God, I will put my trust in you. He says, when, when I'm afraid, he's embracing his fear in the midst of what he's supposed to do.

Now, what David's really doing is he's ceasing control and giving it over to a father that loves him when you're fearless or fear-full. Those are actually ploys for control. When you're fearless or fear-full, you're actually trying to control the situation. See fearlessness attempts to take the bull by the horns and just overcome any obstacle. Fine. I'll do it myself. I'm not afraid I can do anything, man. Forget fear, wait, forget fear. You can just forget fear. How can you forget something? If it's not present? You said you weren't afraid. So fear is present and you're just going. I don't need it. I don't care. You're just trying to take the bull by the horns and handle your business. Now I, I will say I talked with a lot of people about this, uh, text through the week. And one of the overwhelming things that came up when people, when I was dealing with this was people said, you know, I actually just don't know if I'm all that afraid of anything. That was real thing.

And maybe many of you were like, that kind of fits me. Like I, I'm not really all that afraid of anything. I mean, like, of course I'm afraid of the big things like death and my family dying. But for the most part, I mean, I'm pretty good. Okay. You're probably, maybe you're better than I am. That's awesome. You're not afraid, but are you anxious at all? Cause here's what I know about what I know about the east side. What I know about the United States and what I know about this

very church and the people in it is that there's a lot of anxiety going on. A lot of clinical anxiety. Also a lot of anxiety that's being treated with medication all across the region. So we are anxious if we're not afraid and not all anxiety, there's varying types of anxiety, but anxiety that often can be a symptom of unresolved confessions of fear.

It--we get to the moment where we haven't yet said, I'm needy. I have limits. I can't do this. I've taken on too much. This marriage is too hard. This job is overwhelming. I can't do the weather here. I'm afraid of what that might mean for the people in my life. I'm afraid of the relationships that might have to break. If I confess to the broken sin that I've been committing over and over again, and you say I'm not afraid. And yet anxiety it is. And you're hitting random panic attacks. And I don't understand why I just don't get the anxieties and maybe it's unres--unconfessed needs. Remember this phrase, everybody, "the body keeps the score". The body keeps the score, the brain and the mouth will often not confess things that the body knows and the body knows you're afraid oftentimes. And the brain and the mi--mouth will not say it. And so your body is beginning to manifest physical symptoms and your mouth's not saying them. And so when we confess our sin and we embrace our, our fear, God sort of realigns us and he realigns us. Hey, it's okay. If you're afraid. I sti--I love you. Fear's not that's by design actually. And I don't wanna meet those needs for you. I wanna help other people in your life meet those needs for you. That's okay. So instead I can just embrace our fear for a moment. Breathe it in, embrace it. It's okay to be afraid.

I, uh, back when you used to read magazines, I was reading a magazine on a plane, maybe like, I don't know, 15 years ago. And it's about Bear Grylls is anyone who Bear Grylls is "man versus wild" guy, you know? Yes, yes. Oh, wow. Some big Bear Grylls fans back there. Yeah. So Bear's great. He's great. So reading this article and his like grizzled face is on the front of the magazine. And so I'm, I'm flipping through this article and the, the journalist who's going alongside them in the journey while he's doing some cool Bear Grylls-like stuff like, you know, jumping off of cliffs into water and, you know, killing animals. He's doing all this like crazy stuff. And the guys' follow 'em around. Well, they get to this point where they've got to, uh, jump over of a crevasse, but it's not one of those ones where you step over.

It's one of the ones where you have to kinda get a running start and then like hop over it. And then in between is just like death. Right? And so the guy who's writing the article is like, okay, I've done a lot here, but this feels like a moment where I think I'm a little bit scared and he asks Bear Grylls. He's like, are you afraid? Do you get afraid? And he is like, oh, of course I get afraid. I get afraid all the time. He's like, no, no, no. But do you get like panicked? Like I am like terrified and heart fluttering and nervous and shaky. And he goes, of course I do. And he says, this really cool line. He says, that's fear. And fear is preparing your body for what it's about to do. Wow. He understood that the emotions, and tension you're feeling are all necessary parts of your survival. You need those in order to get across the crevasse, that's called embracing your fear. It's not saying I'm not afraid. Meanwhile, I'm shaking in anxiety. It's not saying, oh, I can't do anything. I I've got--it's embracing fear. The great reformer Bear Grylls, man, tell you what <laugh>

Speaking of your great theologians, Charles Spurgeon. He said this about this very verse in his commentary on Psalm 56. He says he feared (that's David), but that fear did not fill the whole area of his mind for he adds, I will trust in the, it is possible then for fear and faith to occupy the mind at the same moment, what is the thing? Who is the person that's been living rent free in

your head that, you know, you've gotta act on that you've been waiting to, but you can't because you know, what's gonna cost because you know, the physical stakes, the financial stakes, it's time to embrace the fear. Don't surrender an opportunity to act because of a fear trap set before you to keep you from relying on the one who overcomes any obstacle.

Okay? Those are the two, there's two things. Now we're gonna go into the third, third thing that we need to learn about overcoming the fear of other people. One thing you'll notice about Psalm 56 is how David sort of builds his own confidence as he goes through this Psalm. That's one of the reasons I really like it. He seems to start off really afraid. And then by the end verse 13, he is more confident. It's really cool. David repeatedly reminds himself of the truth of God throughout the Psalm, too, which I really like. And sometimes I think it's helpful for us to open up the truth of God and to let it tell us what we need to know about ourselves and about God. And here's the next way we sort of overcome the fear of others. And that's this preach to yourself, preach to yourself.

Now we're all sinners. Bible says, we're prone to wander from God. Our hearts are deceitful. David knows this. And so he preaches his word into himself. Look at verse four. David says this in God, whose word I praise in God, I trust. I shall not be afraid. What can flesh do to me? David's reminding himself of some truths here. He's saying he reminds himself that he needs to praise God. He reminds himself that he needs to fear God. He reminds himself that he needs to trust God. He knows that Jeremiah 17 says the human heart is desperately sick. Who can know it. He understands that no one is righteous. No, not one that none who understands God, none seek God. Romans chapter three. He's understanding the truths about God in the world. He needs to be reminded.

And so he says, what can flesh? What can man, what can woman do to me with God as a savior, man can literally quite literally do nothing to thwart your eternal destination. Nothing. There's nothing that can be done. And David says it over in himself. And then he says, verse 10 and verse 11. And he repeats it again. And he says it with a few other words in it. And, and weirdly enough, this is the words. These are, this is the verses that I wrote on my hand. Um, as I was going into my work every day and you know what? I still write it on my hand. Um, sometimes to preach and sometimes to do other hard things, have hard conversations. I'll write it on my hand just to remind myself of God's truth. Okay? And look at verse 10.

It says this in God, whose word I praise in the Lord whose word I praise in God I trust. I shall not be afraid. What can man do to me, David preaches to his own heart. He's preaching to himself. Lord, I praise you, Lord your word. I praise. I will not be afraid. What can these people do to me? And as we know David's--about David's life. He was not a perfect man, but he was a faithful servant and he was faithful. And you know what? I'll just tell you. Everyone's flaming out today. Everyone is walking around pretending like nobody is afraid of anything. And the re--one of the large reasons, why is we live in a more performative society? It's gotten more performative over and over and over again. And now we we're performing for one another online. So that way we can receive like's comments and views from one another. And so everyone has to pretend like everything is good.

And if nothing is good, then we just perform in our weakness for other people, which is still another form of veneer of a mask. And so we're performing for one another and we're all flaming out pastors leaders, some of your favorite, uh, movie stars, everyone's shaving their heads and

going crazy because no one can be vulnerable in their neediness. Hey, actually, I don't think traveling 200 days a year on tour is actually good for my soul. I don't think I should do that. Wouldn't that be something? Wouldn't it be something for leaders to say, you know what? Hey, listen, I actually am suffering from an addiction. I actually can't stand before you and talk and preach anymore. Wouldn't that be refreshing? Wouldn't be refreshing of, of a spouse to say, Hey, listen, I need help. I'm not afraid of counseling anymore. We've gotta go in and see somebody for this marriage. Wouldn't that be refreshing? We're all flaming out. People are afraid. No one is preaching power into their souls to overcome the fears of today. So we walk around blind, leading the blind, wearing our masks, not, not our, not our COVID masks. Okay. Our--can't use that one anymore. It's different. We're wearing our veneer, our coverings, and we're pretending to be something we're not, you can't do it.

We need all need to go to the scripture and scour it and see, what does the Lord have to say to penetrate through the veneer that I've been pretending with and make believing Christianity or make believing church believing dad or mom, or brother, sister, cousin, employee. What can God use to penetrate my heart to help change me? So I guess the question is what verse needs to be written on your hand?

What is the thing you need to be reminded of over and over and over again, that God is saying to you, you need to scour this scripture. So I go, Lord Jesus, what do you want me to remember about myself? Is it that God made him who knew no sin to become sin so that any him, we might obtain the righteousness of God, do you need to be reminded of that? Do you need to be reminded that in the beginning was the word and the word was with God and the word was God, or maybe in your broken, lost sinful addiction. You need to be reminded. There is no condemnation for those in Christ.

The Lord, Jesus wrote this scripture for you for all of us, for himself, that we would preach these words to ourselves, cuz our hearts are lost sometimes and they're tainted. And we default towards avoidance and comfort and ambition and other stuff. It's way easier to pretend like none of this is going on than it is to deal with it. Preaching to ourselves is the gravity that keeps us held down to God and keeps us away from floating off, into fearful, nothing in darkness. It keeps us centered on him. Those are the three things. And then there's one other thing you need to know once you've embraced your fear. And once you've, you've been honest with God and once you've preached to yourself, you need to do the fourth thing and that's to live in the confidence you are inevitably going to receive from doing those things.

David preached to himself. But now it's time to live with the confidence he gets. Look at verse 12, again, as confidence builds, he says, I must perform my vows to you. Oh God, I will render thank offerings to you for you have delivered my soul from death. Yes. My feet from falling that I may walk before God in the light of life. So he goes from saying, I'm afraid. I don't think I can do this there--my enemies are trampling my head, all this stuff. I'm so afraid. I, I don't know if this is gonna work. And he goes from all that to saying, I can, I will, I will do it. I must do it. I can do it. I'm capable. I will. You hear his language here? He, all of a sudden is growing in confidence because he's no longer controlled by the fear that the man had over him.

He submitted to the fear of God. And then he says this really awesome line. It's there right in the middle of it. He says, and you have delivered my soul from death and kept my feet from falling. That's interesting. He says, you didn't say you deliver or you you're delivering. He said you

delivered. He's referring to past tense and herein lies. God's little Easter egg for David. And his little Easter egg for us that we get to explore together. You see David found the clue. David, if you read the little footnote at the very top of your Psalm there, it says that David was in the city of Gath while writing this. And he was on the run from the Philistines. Now David's in Gath running, which is interesting. And he's on the run from Philistines. I can't remember. Has David encountered any Philistines before

<laugh>

There was a guy named Goliath that David encountered, not as a grown man, but as a teenager. And what did he do? He killed him. And he's in this city. Gath, where was Gath? Gath is Goliath's hometown. So David was afraid of potentially being killed in a place where God had already demonstrated that he had all of his security already there for him to have. And he's afraid. God's sovereign power was already demonstrated in David right there. And how good did he forget? Just like that. Not a grown man on the run. Like he is now a child, but here's the key David needed to remember that Goliath was not slain by his own power. He was slain by the power of the almighty God.

See, this is where it gets all twisted. You hear this, something like this sermon preached and the, the moral of the story is David is super strong. Be like David and have courage as he did. But if you really understand the story, you know, David's confidence comes from the assurances that God gives him. So the confidence, isn't your ability to fling a stone. The confidence is in God's inevitable ability to accomplish his purposes for our lives. That's what it is. So David's now being reminded of that. Goliath was not slain by his own power, but, but in faith, in confidence in God. So I have to ask the question, what was the thing God delivered you from in the past, but you forgotten. You see friends, you know, if you're sitting in this room that God's done a lot of things for you, one theologian says God's doing 10,000 things for your life at any one moment. And you're aware like three or four of them, but you are aware of a few and we forgot pretty quick. What do you need to be reminded of? Didn't God deliver that marriage from the struggles didn't he do that? Didn't God show you himself in the midst of your anger, your depression, that fear that one time wasn't God gracious to you in that addiction that you found yourself in haven't you wandered away and God welcomed you back into his family with open arms.

And so David preaches power into his own soul. And by the way, you can too, he discovered, and hopefully we'll all discover that the fear of the Lord gives us an, an eternal perspective that once you accept Jesus, as your Lord, there is nothing a single person can do to violate your eternal destination, nothing humiliation. You might have fear. You're gonna have sin. You're gonna have death. All will come in your life. But in Christ, nothing has power over you in Jesus, you're protected and you might live a life of terror and fear. And you might be out on the field with your little verse on your hand, trying to not collapse over and panic and whatever that may be. You may be in the counseling room or you may be in the hospital and you may, your hands might be shaking, trying to make sense of how afraid you are and how terrified all this is.

And God's like, ah, man, in me, I love you. You are protected. You're cared for. You might suffer. You might even die, but your eternal destination is secure. So to end our time together, friends, I want you to read my hand verse with me. Maybe it'll become yours. And so we'll end our time together by reading this, this, these wonderful text from David, and then we'll close.

Let's read it together. Shall we I'll start in God whose word I praise in the Lord? Whose word I praise in? God I trust. I shall not be afraid for what can man do to me? Let's pray.

Holy spirit, you are a good God and a good savior. Holy spirit. Fill this place. Remind us of our good, good Lord that we have. Fill this place with your presence. All of the fears, the doubts, the insecurities Lord. We cast these at your feet right now. I can feel so many of them. Lauren, but we can embrace that fear. We don't have to panic more. We don't have to pretend like it's not happening. We can lay 'em down at your feet. Our eternity is secure and a good God who loves us. Thank you for being who you are. We love you in Jesus name. Amen.