

FOUR LETTER WORDS

FEAR

Psalms

Week 1 July 22, 2023

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There are certain subjects that we do not like to talk about.

The fear of the Lord teaches a person wisdom, and humility comes before honor. Proverbs 15:33 NIV

Psalms will teach us to shift our focus from fear to faith.

*God is our refuge and strength,
an ever-present help in trouble.*

*² Therefore we will not fear, though the earth give way
and the mountains fall into the heart of the sea,*

*³ though its waters roar and foam
and the mountains quake with their surging.*

Psalm 46:1-3 NIV

Fear is defined as “A heightened vulnerability and a diminished sense of power.”

Psalm 121 A Song of Ascents.

1 I lift up my eyes to the mountains—where does my help come from? 2 My help comes from the Lord, the Maker of heaven and earth. 3 He will not let your foot slip—he who watches over you will not slumber; 4 indeed, he who watches over Israel will neither slumber nor sleep. 5 The Lord watches over you—the Lord is your shade at your right hand; 6 the sun will not harm you by day, nor the moon by night. 7 The Lord will keep you from all harm—he will watch over your life; 8 the Lord will watch over your coming and going both now and forevermore.

Psalm 121 NIV

What is your response to fear?

FIGHT

We shift into control mode.

FLIGHT

The opposite response is to run away.

FREEZE

We can be paralyzed by fear.

But when they saw him walking on the lake, they thought he was a ghost. They cried out, ⁵⁰ because they all saw him and were terrified. Immediately he spoke to them and said, “Take courage! It is I. Don’t be afraid.” Mark 6:49-50 NIV

FAITH

Our faith is in God

Our faith is in Jesus

Not in our own strength or in our anger that will solve nothing.

In God I trust and am not afraid. What can man do to me?

Psalm 56:11 NIV

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. Isaiah 41:10 NIV

Put your faith in God and remember His faithfulness to you.

I will extol the Lord at all times; his praise will always be on my lips. ² I will glory in the Lord; let the afflicted hear and rejoice. ³ Glorify the Lord with me; let us exalt his name together. ⁴ I sought the Lord, and he answered me; he delivered me from all my fears.

Psalm 34:1-4 NIV

In the midst of fear God is waiting to catch you.