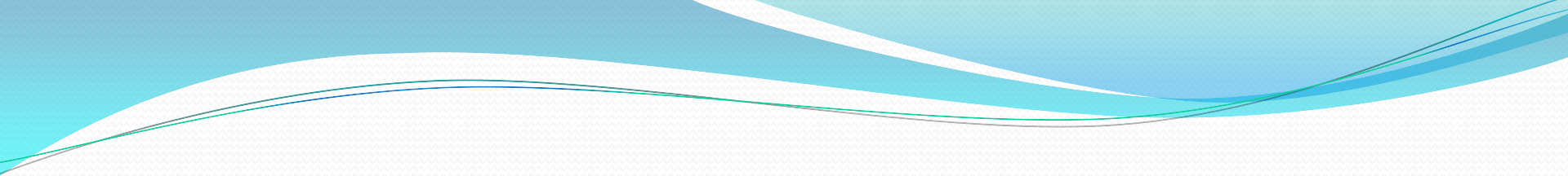


*“But Lord I’m Afraid”*  
*Psalms 34:1-8*



# Introduction

- We live in a world today where a lot of us in our society allow ourselves to be limited by fear
- Some of us, since the horror of September 11, 2001, restrict our geographical movement, from place to place, because of being afraid of certain disasters repeating themselves (some don't fly in airplanes any more)
- Sometimes we will restrict our patterns of activity, because we are afraid that certain experiences will jeopardize us emotionally or our financial security
- My point to you this morning is to show that we have to obey God first before we can be delivered from our fears
- David practiced what in medicine is called a “preventive approach”
- David put his life in order with God first, then he was released from his fears

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- Sometimes when we come forward asking for prayer, it's the fear of the unknown that drives us to come forward
  - When we lose a loved one, there may be fear of the future without that person (*what next?!*)
  - When we or our loved ones have ill health or face medical challenges, there may be fear of the outcome (or your child has a serious medical problem and you fear the worst)
  - When a relationship we've had for many years is torn asunder by separation or divorce, fear may enter our lives
  - Fear of our own financial mismanagement is a sobering thought

# To Conquer His Fears, David Praised God At All Times!

- David basically says that I am going to praise God every chance I get (at all times): sick, well, hungry, tired, sad, lonely, lost income,
- Praising God and lifting Him up regularly helps us to gain a different perspective, especially when problems come our way.
- Letting God know how you feel about Him when you are challenged may bring a change to your problem:  
Remember when Paul and Silas in Acts 16 had been beaten in Philippi and thrown into prison by the authorities. Verse 25 says “at midnight they praised God, and in verse 26 the Bible says an earthquake erupted!”
- Praising God helps us to remember that He is sovereign!

# Praise God For His Resurrection Power

- Knowing that Christ had the power to raise Himself from the grave should give me the power of self-discipline and love for Him to cast all of my cares and all of my anxieties on Him
- The same power He used that got Himself up can sustain you and me!
- Someone has said:  
“Sometimes the Lord calms the storm,  
Sometimes the Lord lets the storm rage and calms His child.”

# Secondly

## David Sought The Lord For A Solution From All Of His Troubles And Found Deliverance From All Of His Fears

- Psalms 34:4 *“I sought the Lord and He heard me, and delivered me from all of my fears.”*
- Whenever we feel afraid we can trust Him to provide whatever we need.  
Philippians 4:19
- We are not adequate to handle our problems (Isaiah 64:6)  
He makes us adequate with His adequacy
- Don't try to deliver yourself (your power, your intelligence, your personality, your social skills, your personality)
- 2Chronicles 32:8, the Bible says that the arm of flesh will always fail (*You are not cute enough, smart enough, savvy enough to handle everybody and everything*)

# Third

## Denying the Feelings of Fear Tempt Us To Remove The Experience Of Having To Depend On God For All Things

- Our fears should have the advantage of driving us to an even greater dependence on God
- Isaiah 40:31, *“Fear not for I am with you, I will help you, I will uphold you with my righteous hand.”*

*“I’m Learning to Lean!”*

- When we find ourselves getting weak, this is the time to ask the Holy Spirit to replace our feelings of fear with His power, love, and a sound mind, 2Timothy 1:7
- In other words, ask God to use you as His vessel of courage, confidence, and self-discipline
- Question: When we are feeling afraid, isn't this the time that we need to confess to God our feelings of *“self reliance?”*
- Too many of us, at church, carry around worries that God did not intend for us to bear



Fear ought to be a “warning light,” not on the dashboard of your car, but in your heart, that you need to attend to something. (ex. If the engine light goes off, you should use that light as a signal to address a problem)





- Don't deny that something is worrying you, when it really is, but use it as a catalyst to make sure that you have on the whole armor of God, Eph. 6:14
- When the fear light comes on, check the truth of your life, the righteousness, peace, faith in your life, is your salvation sure, the word of God, prayer life, your perseverance , spiritual patience
- Perhaps the fear is a warning light that you need to open up to God about the sin in your life

# Psalms 32:3(N.L.T.)

*“When I refused to confess my sin, my body wasted away and I groaned all day long.”*

- **To the Christian, there is nothing that takes the joy out of life more than *unconfessed sin*.**
- ***When a Christian, who loves the Lord, is not honest about his or her guilt, it bothers his/her conscience***

# Finally, Don't Fear Being Vulnerable With Your Christianity



- A turtle doesn't make any progress until he sticks his neck out
- The same is true for us when we are “safe and private” in our relationship with God
- David wrote in Psalms 27:1,2 , *“The Lord is my light and my salvation, whom shall I fear? The Lord is the strength of my life; of whom shall I be afraid?”*
- Be **BOLD** about God and His works in your life!

# The Plan Of Salvation

Hear the Gospel	Acts 15:7
Believe the Gospel	Acts 15:7
Repent of Sins	Acts 17:30
Confess Christ	Acts 8:37
Be Baptized	Acts 8:38