



“Give God Your Fears”

Psalm 27:1-14; Psalm 34:4, 6-8

We live in an age where people are consumed with fear. Unfortunately, with all of the advanced technology, medicinal cures, and psychological remedies people are continuously being stressed to their maximum. Fear has engulfed them and prevented them from experiencing God’s power in their lives. David, the prolific writer, gives some timeless wisdom in Psalms 27 and 34. David, a man whom God dearly loved and made King of Israel, was also a man who knew faith, as well as, fear. In this morning’s sermon, we want to look fear in the face and learn what happens to us when we give it to God.

When Jesus overheard the people tell Jarius that his daughter was dead, Jesus exhorted Jarius: “Do not fear, only believe.” (Mark 5:36) Jesus’ words effectively summarize the message of Psalm 27. In the presence of dire threat to life (vv 2-3, 12) the psalmist dares to believe: “even then will I be confident” (v. 3), which could be translated as “through this I am trusting” and “I believe.” Threatened by deadly forces, the psalmist lives by faith. Psalm 27 suggests that the opposite of faith is not so much doubt as it is fear.

Our era has been called the age of anxiety, which makes the psalmist example of faith all the more important. It is an example of one who “has anchored his life entirely in Yahweh.” How difficult this is in our secular world! The real measure of the difficulty is not outright doubt, but the pervasive anxiety that characterizes contemporary existence. Anxiety is often interpreted as a failure of nerve, but Psalm 27 suggests that it is a failure of trust. Left to depend on ourselves instead of on God, we fail to experience joy (v. 6), and life in all of their fullness (v. 13). Fear immobilizes and intimidates.

David said, “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?” In other words since God is my source of strength, I will not be intimidated by fear!! David was not intimidated by Goliath because he said the battle was the Lord’s. The God of David is the same God of his children today. Give God your fears and let Him face and fight your battles.

In Psalm 27:4 David asked God for one thing. “Let me live in your house every day of my life to see how wonderful you are and to pray in your temple. Don’t ask God for a hundred things. Ask for one thing, “...that I shall seek to dwell in God’s house all the days of my life.” When you live in God’s house and pray to Him for daily guidance, He will remove all of your fears, because your trust is in Him. Let God give you a life in balance. Release fear’s fierce grip in some very practical ways. Try these:

- 1) As fears occur, admit them. Say, “I am fearful of (identify it).” “Nothing is ever conquered until it is openly and clearly identified.
- 2) As you admit them, commit them to God. Be very practical. Spell out your decision to rest your case with God. Be specific. Verbally declare yourself. Tell Him it is His to handle. **GIVE IT TO GOD!**
- 3) After committing your fears to God, release them. God says, “I have heard. I will take the fear.” Read Psalm 55:22.
- 4) Stand firm. Consciously refuse to retreat. God honors that kind of faith.

Identify the fears that keep you from fully surrendering your life and will to God. Bring them to the forefront of your mind. Say, “God, I am giving you these fears.” Leave them, and you will experience a newfound joy and freedom, which can only come from knowing, loving and trusting God.

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