

Psalm 56

Author: David

David has fled to the enemy territory of Gath, home to the Philistines. This is the one place David knew Saul would not come. Isn't it ironic? Sometimes feel the safest in enemy territory. David's own country, who once gave him refuge, has turned against him and is now the enemy. So now we find David, the giant killing, victorious warrior, and soon-to-be king, dealing with the very real emotion of fear.

When I Am Afraid

David said "*when* I am afraid," not *if* I am afraid. Like David, admitting fear is the first step in not becoming its victim. With age, we are somehow supposed to outgrow being afraid and be able to conquer anything. Yet the giant killing, victorious warrior, and soon-to-be king has given us permission to admit our fear but not be overtaken by it, and instead, turn to God.

Read Isaiah 41:10.

What does God tell His children not to do? _____

What does God tell His children He *will* do? _____

Feed your faith, and your fears will starve to death.

-Author Unknown

My first experience flying the friendly skies was at the tender age of thirty-five. My philosophy on air travel was: if God meant for me to fly, He would have given me wings. The thought of flying then—and still to this day—makes me quiver. My husband, however, feels quite comfortable flying. My husband's job requires significant air travel. So, until a few short years ago, my biggest fear was losing my husband in a plane crash. I feared being a young widow. Just typing these words makes me shudder. Back then, fear consumed me each time I watched him walk through the doors labeled "Departures". It depleted me of energy and of clarity of mind. I had allowed my fears to starve me rather than my faith to sustain me.

God's truth is the nourishment for our faith. We feed our faith, and we starve our fears, with every Truth we digest. The answer for my "young widow" fear will mostly like apply to your greatest fear as well.

Read 2 Corinthians 10:5.

What does Paul tell us to do with every thought?

Fear sets itself up against God's Word and pretends to be true. But our fears are demolished when we make them obey God's Word. This pretend truth did not tell me my "young widow" fear would not come to fruition. God's truth told me *not to fear* (Isaiah 41:10). Moreover, He said He would not only *strengthen me* but would *hold me up*. So I fed my faith and made my fear bow to *His* truth.

You try it. Starve your fear, and indulge your faith. What's the result?

How very little can be done under the spirit of fear.

-Florence Nightingale

How true, Mrs. Nightingale, how true! When our faith is starved, and our fear is nourished our productivity becomes paralyzed. Yielding to a spirit of fear prevents us from accomplishing daily responsibilities and participating in Kingdom change. A spirit of fear is *not* of God. Rather, it is a tool in the enemy's arsenal ~~used~~ that he uses to achieve his agenda for our life. Thankfully, our paralysis is reversed when we act upon what God has given us.

Write down 2 Timothy 1:7 from the NLT on the lines below. (You can use biblegateway.com) Then put a line through what God *does not* give. Circle what He *does* give.

Notice that the list of what God *gives* is larger than the list of what does *not give*. Let's feed our faith with all that God has freely given and starve our fear.

Fear: False Evidence Appearing Real.

-Author Unknown

Though lots of false evidence surrounded David, he made the decision to trust in God. Our enemy will present false evidence to invoke fear, and that fear will cause us to doubt God's love and protection. Our enemy is a master of making evidence appear real. Like a rear view mirror distorts the proximity of approaching cars, fear distorts what is actually read in an attempt to weaken our faith.

Read Hebrews 11:1.

What does faith tell us?

Even though false evidence may appear real, and overwhelming, we ~~do not~~ don't have to allow it to overtake us. What we don't see, rather Who we don't see, erases the false truths we might tend to believe. Our God—who we don't see—is greater than all we may perceive. It is easy to believe a lie like, "Fear means you don't have faith." But author Max Lucado offers this thought: "The presence of fear does not mean you have no faith. Fear visits everyone. But make your fear a visitor and not a resident."

But how do we get rid of fear? Fear is cast out by the perfect love (1 John 4:18) of our Savior and by capturing our thoughts and then aligning them with truth of His Word. With these truths in our arsenal, we can send fear packing!