

*Finding Yourself in the Psalms*  
*Psalm 56*  
*A Psalm When I Am Afraid*

Psalm 27 was also given the same description

Ann Landers received an average of 10,000 letters a month, nearly all of them from people who are burdened with problems. Asked if there is **one predominant theme** in her readers' request for help, she replied, "**Yes, there is-- fear.** People are afraid of losing their loved ones, their health, their wealth. People are afraid of life itself." -- Sunday Sermons

Psalm 56 is a lament Psalm  
David is in GATH, hiding from SAUL.

**Read 1 Samuel 21:10-15**

- I. What are the Causes of Fear?
  - A. **Great men suffer fear.** 1 Sam 21:8-10. *David arrives in GATH with the SWORD of Goliath!*
  - B. **Great victories are often followed by FEAR.** 1 Sam 21:12 "very much afraid"
    - 1. David
    - 2. Jonah
    - 3. Elijah
  - C. **Little things can cause fear.**
    - 1. David was afraid of SAUL. God's Spirit was already removed from Saul.
    - 2. The people of Israel sang David's praises
    - 3. The Philistines knew of David's accomplishments.
  - D. **Fear can take a small thing and blow it out of proportion.**
    - 1. *Illus - kids around the camp-fire. Hear monsters in the woods*
  - E. **Fear can lead us to do unreasonable things.**
    - 1. David pretends to be insane.

**People THRIVE on Fear.**

Tony Blair : **"We have 7 years to do something about global warming before it is too late!"**

**Or This headline:** "Energy Crisis Looms - World to Go Dark."

**Where is this from?** In November of 1857, *The Boston Globe*

A subheading underneath said, **"Whale Blubber Scarce."** -- Patrick O'Dooley, *Flight Plan for Living--The Art of Self-Encouragement* (New York: Mastermedia Limited, 1992).

Why do people love to be SCARED?

Because we should FEAR GOD.

When we don't FEAR GOD - there is a need to fear something else!

FEARS:

Global warming

Cancer

Not going to get into college

Lose my job

No one will marry me

Children will get sick

II. What Should We Do When we are Afraid? Psalm 56

**Read Psalm 56**

A. Be honest about your fear. 56:1

B. Find your Comfort in God. 56:3-4

C. Remember God's Help in the Past. 56:12-13

D. Trust GOD instead of FEAR. Psalm 56:3-4

1. He will never leave you. **Hebrews 13:5-6**

2. He will never abandon you. (Rom 8:34-35) "*Who is he that condemns? Christ Jesus, who died—more than that, who was raised to life—is at the right hand of God and is also interceding for us. Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword?*"

3. When your life is over, He will take you to Heaven.

(2 Corinthians 4:16-18, NIV) "*Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal.*"