

Wednesday Night BIBLE STUDY

Wednesday, March 27, 2013 – First Baptist Church Buda
Midweek Prayer Meeting & Bible Study

DAVID... A MAN AFTER GOD'S HEART
"A Life Filled With Fearful Things"

Psalm 27

*"Courage is not the absence of fear, but rather the judgment
that something else is more important than fear."*

~Ambrose Redmoon

"Courage is fear holding on a minute longer." ~George S. Patton

"Fear defeats more people than any other one thing in the world."

~Ralph Waldo Emerson

"Of all the liars in the world, sometimes the worst are your own fears."

~Rudyard Kipling

"He who fears being conquered is sure of defeat." ~ Napoleon

"Never let the fear of striking out get in your way." ~ Babe Ruth

"Fear imprisons, faith liberates; fear paralyzes, faith empowers; fear disheartens, faith encourages; fear sickens, faith heals; fear makes useless, faith makes serviceable."

~Harry Emerson Fosdick

*If you listen to your fears, you will die never knowing
what a great person you might have been.*

~Robert H. Schuller

*"Seeing that a pilot steers the ship in which we sail, who will never allow us to perish even in
the midst of shipwrecks, there is no reason why our minds should be overwhelmed with fear
and overcome with weariness.*

~John Calvin

The greatest mistake we make is living in constant fear that we will make one.

~John C. Maxwell

David's life was marked by fearful things. As young boy it was lions and tigers attacking his flock... a fear he faced victoriously with youthful courage. As he grew it was giants like

Goliath... a fear that had grown men and mighty warriors cowering in fear. David conquered this fear too courageously and victoriously. Later it was the wrath and vengeance of a power king, Saul, that forced David to flee in fear for his life and hide out in cave, then it was the fear of being caught in his sin, and then the fear of losing a child, and then the fear of losing his throne and his wives. Fear, fear, fear! It seem it was David's constant companion throughout his life.

Among all our internal jitters, none is more paralyzing than "fear." So much of life is accompanied by fearful feelings. So many otherwise enjoyable and fulfilling experiences are not undertaken because the roads leading to them, as Paul Tournier puts it, are "*guarded by the dragon of fear*" (*The Strong and the Weak*). True, vivid words! The simple fact is... no one is ever completely rid of all fears. So what do we do with life's fear... with fearful things. David faced many warranted fears in his lifetime... some of his own making and some not... but fears none-the-less. Like David, fear is one of our constant companions. What David had learned about fear and fearful things, He eloquently recorded in his daily prayer journal called the Psalm. His thoughts will be helpful to learn how to maintain something of a mastery over our own fear laden path... how to make it work for us rather than against us.

I. A BASIC UNDERSTANDING OF FEAR

I'm going to start off this fear Bible study by posing what may seem to be a very simple question, "What is fear?"

1. A Dictionary Definition of Fear –

Webster's Dictionary Definition - Webster's dictionary says that fear is "*to expect with alarm.*"

Now, as Christians, we are supposed to have a sense of expectancy, but a person who is experiencing fear lays in wait for what seems to be an unavoidable catastrophe. I have a strange feeling that this is not the kind of expectancy God had in mind.

An Acronym Definition - One of my favorite definitions of fear is that it an acronym using the word fear

False

Evidence

Appearing

Real

That is more true than most people realize. **Statistics have proven that a vast majority of the things we fear never become reality.** But, in our mind's eye, the false fears can sometimes seem more real than anything else around us.

2. **A Biblical Statement About Fear** - When we are looking to determine the true nature of something, the best place to look is in God's Word. I want you to notice something the Apostle Paul said about fear in his letter to his young counter-part, Timothy, in **2 Timothy 1:7**, *"For God has not given us a spirit of fear, but of power and of love and of a sound mind."* (NKJV)

Here is how the Amplified Bible says it, *"For God did not give us a spirit of timidity (of cowardice, of craven and cringing and fawning fear), but [He has given us a spirit] of power and of love and of a calm and well-balanced mind and discipline and self-control. -2 Timothy 1:7 (AMP)*

3 New Testament Greek Words of Fear: There are three different Greek words translated as "fear" in the New Testament.

- (1) **Phobos** - (47 times in NT) "Phobos" is a middle term, capable of a good interpretation, capable of an evil, and lying indifferently between the two other words for fear.
- (2) **Eulobeia** - (2 times in NT, Heb. 5:7, Heb. 12:28) "Eulobeia" is quite predominately used in a good sense, and sometimes translated as godly fear... is the word that we commonly equate with reverence or holy fear.
- (3) **Deilia** - (1 time in NT) Of these three Greek words "deilia" is always used in a bad sense, always negative... always means timidity, cowardice and fearfulness. This is the words Paul uses in 2 Timothy 1:7 and it is the only time it is used in the New Testament.

3 Important Points Paul Makes About Fear ("Deilia") in 2 Timothy 1:7: There are a few important points that this scripture brings up.

- (1) **Fear is a spirit** - We are talking about controlling emotions here, but fear is much more than *just* an emotion (just as most emotions are). Fear is a spirit.
- (2) **It is a spirit that God did not give to us** - And it is a spirit that does not come from God. Fear is a spirit of torment sent out by our enemy the devil. But, we should not be surprised. The Bible says that "we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world...and against evil spirits in the heavenly places" (Ephesians 6:12 NLT). God says that Satan only comes to "steal, and to kill, and to destroy" (John 10:10). And that is what the spirit of fear is sent out to do.
- (3) **And self-discipline, self-control and love are our protection from fear?** – Paul also tells us that God has given us what we need to live about fear.

2 Things Fear Can Do In Your Life: This in on the only results of fear in a Christians life, but just 2 of the Biblical examples of what fear can do.

- (1) **Fear always steals something from your life** – (Matthew 14:22-31) Fear is always stealing something from us. Think about it! Fear has the power to steal the miracles that God wants to do in you, and through you. An excellent example of this is what happened to Peter in Matthew 14. He was on the edge of greatness, but his fear stole his miracle. *"About three o'clock in the morning Jesus came toward them,*

walking on the water... Then Peter called to Him, 'Lord, if it's really you, tell me to come to you, walking on the water.' 'Yes, come,' Jesus said. So Peter went over the side of the boat and **walked on the water** toward Jesus. But when he saw the strong wind and the waves, **he was terrified and began to sink...** Jesus immediately reached out and grabbed him. 'You have so little faith,' Jesus said. "**Why did you doubt Me?**" - Matthew 14:25,28-31 NLT

I LOVE Peter! Of all of the disciples, Peter, with his great boldness yelled out - Hey, Lord, if it's really you, then give me the power to walk on water too! And, amazingly, Jesus called Him out of the boat. And for a moment, a mortal man walked on water.

I want you to stop and think about this amazing miracle! Peter is the only man other than Jesus known to have walked on water! Jesus was doing a miracle with him - Peter was changing the history of mankind as they knew it. And, what happened? Peter saw his circumstances - The waves were crashing -The wind was blowing. Suddenly, he began to fear. *Men can't really walk on water. I'm losing my footing? This is too hard!* And, just like that, the way we remember history was changed forever. People usually don't remember that day as a day when God defied the laws of nature and caused a mere man to walk on water. It is most often remembered as the day that Peter's fear got the best of him. That thief, fear, stole Peter's miracle.

What Fear Can Steal From You: You name some!

- Your peace ● _____
- Your joy and happiness ● _____
- Your health ● _____
- Your thankfulness ● _____
- Your perspective ● _____

- (2) **Fear will make you double minded** - God's Word says, through the Apostle Paul, that God did not give us a spirit of fear, but "of power and of love and of a calm and well balanced mind and discipline and self-control." When we are afraid, our minds are not well-balanced as God describes. When we fear or doubt God, we are said to be double minded. Interestingly, James (the half-brother of Jesus) told us in James 1:8 that a double-minded man is unstable in all his ways.

God says through James, in James 1:6-8, that when a person comes to Him (God) it must be, "⁶...in faith, with no doubting, for he who doubts is like a wave of the sea driven and tossed by the wind. ⁷ For let not that man suppose that he will receive anything from the Lord; ⁸ he is a double-minded man, unstable in all his ways."

That is exactly what the spirit of fear wants to do to you. To make you unstable, unreliable, and uncertain about everything - Your thoughts, God's promises... everything! Anyone who has ever been afraid can attest to the truth of that Scripture.

How Fear Causes You To Think: You name some!

- Irrational processes ● _____
- Indecisiveness thoughts ● _____
- With paranoia ● _____
- Depressive thoughts ● _____
- Desperate thoughts ● _____

Fear makes us irrational, indecisive, unable to think properly. Why is Christian fear double minded? Because part of your mind may believe God's promises of love and provision, but your doubts and fears reveal hidden beliefs contrary to those promises.

But, you don't have to be double minded, unstable and uncertain. You can have God's peace and learn how to faith your fears to death! I think that is a part of what David had learned.

II. AN OVERALL GLANCE

Psalm 27 was apparently composed by David prior to his anointing (installation) as Israel's king. This anointing was different from the one performed by Samuel in David's father's presence. For some time Israel's monarch, Saul, had targeted his jealous hatred toward his faithful subject, David. His attacks were savage and perilous, designed for injury – even death. David had every human reason to be afraid.

1. **Scope of the Psalmist** – David's thoughts traveled along two subjects We could call this psalm a song of contrasts:

2 Subjects of Psalm 27:

- (1) **Faith (vv.1-6)** – The first half of the psalm reflects David's faith in the face of great challenges... challenges that could cause him to have great fear. Reminders such as *"The Lord is my light and my salvation – whom shall I fear? The Lord is the stronghold of my life – of whom shall I be afraid?"(v.1)* are a reflection of David's faith in the face of his fears. It is almost as if David is reminding himself, while afraid, why he shouldn't be.
- (2) **Fear (vv.7-14)** – Obviously from this psalm we can see that David was in trouble. He speaks of adversaries, enemies, evil men who wish to devour his flesh and attack him, and war against him, and the toughest part is that David was not imagining this terrifying scene... it was a reality for his life. Perils were all around him. He walk on the edge of danger for much of his life and faced very really fears. Some fears may be imaginary, but these were not and many of our are not either. The reality is there are many, many things in this life to fear and be afraid of.

2. Outline of the Psalm –

- (1) **Statement of Truth and theme of the song (v.1)** – The phrase, *"... whom shall I fear..."* and *"of whom shall I be afraid?"* in verse 1 is the key to understanding the psalm.
- (2) **Declaration of trust (vv.2-6)**

- (3) Prayer for strength (vv.7-13)
 (4) Conclusion: Wait! (v.14)

III. AN INTERNAL ANALYSIS

1. **Statement of Truth (v.1)** – *“The Lord is my light and my salvation – whom shall I fear? The Lord is the stronghold of my life – of whom shall I be afraid?”*

2 Statements of Truth:

- (1) **Truth Statement of our Strength** – David mentions light, salvation, and stronghold – note that David didn’t say that the Lord provided these benefits, but that He Himself was those very things – at all times. The understanding of this is critical.
- (2) **Truth Statement of our Fear - Observe that each phrase is trailed by a probing question, “... whom shall I fear?” “... of whom shall I be afraid?”** Though these appear similar, each is actually quite different and he speaks of the reality of fears we face in this life. Note that David does not deny the presence of fear or fears, but he identifies them and calls them by name

2 Types of Fears:

- **Fears of Life** - The term “fear” is used in David’s first question in it’s normal, everyday sense – “a feeling of anxiety, agitation caused by the nearness or presence of danger or pain.” Hence fears of life.
 - **Fears of Man and Circumstances** - On the other hand, the term “afraid” means “to be in awe... intimidated by someone (people) or something (circumstances).”
2. **Declaration of Trust (vv.2-6)** – David’s conflict was intense. He was alone. Saul’s army was against him solely. He spoke of the intimidating forces in such terms as “evil men” out to “devour my flesh” and as “enemies” in verse. 2. In verse 3 he refers to them as a “army” besieging him.” They were an ever-present source of threat. Looking ahead to verse 10 we see that even his parents had forsaken him. He was rejected on all fronts – except by God. However David’s reaction is worth noting in the second half of **verse 3, “... though war break out against me, even then will I be confident.”** Verses 4-6 describe his mindset of security – the single source of that security was his Lord. David’s life wasn’t polluted with deceptive techniques and clever reactions. Invariably, when intimidated we are more conscious of the person or event “shouting” the threats than we are of the Lord. Not so with David.

David’s single source of security and trust was the Lord!

3. **Prayer for Support (vv.7-13)** – At certain times, subjects are not enhanced by technical analysis or verse-by-verse dissection. In these verses we observe David requesting God’s support. His prayer wasn’t complicated, loaded down with religious words and clichés. He used everyday words which revealed a heart fully given to prayer. The verse alone reveal this...

- “Hear... be merciful... answer me” (v.7)
- “Do not hide...turn... reject... or forsake me” (v.9)
- “Teach me... lead me” (v.11)
- Do not turn me over to... my foes” (v.12)

David expressed bold, unrestrained fervency in his communication to God, but we often act in powerless fashion. We need to catch a bit more of David’s heart.

4. **Conclusion: Wait! (v.14)** – At this point we come full-circle in this series – “Growing Pains.” The first study was entitled “Growing though Waiting.” Now David comes back to a quiet stance in his own situation. All the activity he could generate couldn’t solve his problem with Saul. So he said to himself (and says to us also), *“Wait for the Lord; be strong and take heart and wait for the Lord” (v.14).*

IV. PRACTICAL RESPONSES

Fear is extremely common. There are phobias of all sorts which try to clutch our minds. They can be relentless. So, what can we do to ward them off, or handle them successfully when they war against us?

Practical Steps For Dealing With Fear:

1. **As the occur... admit them (v.1)** – Identify and openly call them by name (v.1) Do this... identify our fear right now. What is it that you fear? Identify it and openly call it by name.
2. **If they grow... commit them (v.7)** – Commit it to the Lord! The Lord awaits this, so give it to Him.
3. **As you pray... release them (v.11)** – As you commit it to the Lord this should lead to release. Are you feeling freed from it?
4. **As you release them... resist them (v.13)** – What can you do to resist the fear’s return? Think through this very carefully. It will bring future victory.
5. **As you resist them... be strong** – Reread Psalm 27 and ask God for strength in this area of your life. Claim Ephesians 6:10 and following and *“Stand strong in the Lord and the power of His might.”*, then get fully clothed in the armor of God as you battle the things you fear.