

## Psalm 3:1-8 | Untangling The Heart: Fear

O Lord, how many are my foes! Many are rising against me; many are saying of my soul, "There is no salvation for him in God." Selah. But you, O Lord, are a shield about me, my glory, and the lifter of my head. I cried aloud to the Lord, and he answered me from his holy hill. Selah.

I lay down and slept; I woke again, for the Lord sustained me. I will not be afraid of many thousands of people who have set themselves against me all around.

Arise, O Lord! Save me, O my God! For you strike all my enemies on the cheek; you break the teeth of the wicked. Salvation belongs to the Lord; your blessing be on your people!

### Fear Communicates

1. Life is dangerous

2. You are vulnerable

- "This is where fear gets interesting. Danger points at the threatening world around us.

Vulnerability points to ourselves. If fear were only about dangerous people and difficult circumstances, we would just take precautions and live the best we can. But fear is about us." (Ed Welch)

3. What you value

- "Examining your fear is a chance to put names on your treasures, to listen to what they are communicating." (Groves and Smith)

### Fear Motivates

1. Running toward God & facing our fear

2. Running away from God & from our fear

### The Gospel Frees Us

1. Jesus and Seeking the Kingdom

a. Repent

- "Be still, and know that I am God." (Psalm 46:10)

b. Receive

- "Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me." (Psalm 23:4)

- And going a little farther he fell on his face and prayed, saying, "My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will." (Matthew 26:39)

### Benediction | Heidelberg Catechism

My only comfort in life and in death is that I am not my own, but belong--body and soul, in life and in death, to my faithful Savior Jesus Christ. He has fully paid for all my sins with his precious blood, and has set me free from the tyranny of the devil. He also watches over me in such a way that not a hair can fall from my head without the will of my Father in heaven; in fact, all things must work together for my salvation. Because I belong to him, Christ, by His Holy

Spirit, assures me of eternal life and makes me whole-heartedly willing and ready from now on to live for him.