

THE YOUNG KING DAVID

The picture we have of the young David: Young, strong, warrior, teenager, giant slayer, killed a bear and lion with his bare hands, handsome and fearless!

BUT THE WRITER OF THIS PSALM is Not this fearless warrior anymore but a scared, anxious, panic stricken man. A man in a situation that cause him deep and emotional anguish.

HIS SOLUTION

A prayer to God in the form of a Psalm. He declares his fears openly to the

To the choirmaster: with stringed instruments. A Maskil of David. Give ear to my prayer, O God, and hide not yourself from my plea for mercy! Attend to me, and answer me; I am restless in my complaint and I moan, because of the noise of the enemy, because of the oppression of the wicked. For they drop trouble upon me, and in anger they bear a grudge against me. My heart is in anguish within me; the terrors of death have fallen upon me. Fear and trembling come upon me, and horror overwhelms me. And I say, "Oh, that I had wings like a dove! I would fly away and be at rest; yes, I would wander far away; I would lodge in the wilderness; Selah.

But I call to God, and the LORD will save me. Evening and morning and at noon I utter my complaint and moan, and he hears my voice. He redeems my soul in safety from the battle that I wage, for many are arrayed against me. Cast your burden on the LORD, and he will sustain you; he will never permit the righteous to be moved. But you, O God, will cast them down into the pit of destruction; men of blood and treachery shall not live out half their days. But I will trust in you.

Psalms 55

DO YOU FEEL ANXIOUS?

Just because you might be a bit more anxious than others, does not mean you are spiritually immature.

Do you question your faith in the Lord? Those who fight fear are sometimes more mature. They kep on trusting the Lord.

Being anxious is a common thing. Everyone worries.

"...the ulcer-causing, big-time, mental monsters that crawl into your head, then go with you to bed and steal your sleep...the concerns you can't shake off."
(Charles Swindoll)

GODS ANTIDOTE TO FEAR & ANXIETY

First we need right THINKING.

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.
(Philippians 4:8)

Keep your heart with all vigilance, for from it flow the springs of life.
(Proverbs 4:23)

We need to "practice" right thoughts. We must discipline ourselves to think rightly.

RIGHT THINKING involves dwelling on things that are GOOD— whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy

Secondly we need right RELATIONSHIPS.

We all need Christian friends who will come along side us in the fearful times of life.

☒ We need friends who will help us THINK rightly.

When I talk to another Christ-follower, it brings my fear into the light and I have the

chance to get God's eternal perspective through that person.
☒ So—choose good companions—Godly friends—wise friends.

Thirdly we need right PRAYING.

do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.
(Philippians 4:6-7)

casting all your anxieties on him, because he cares for you.
(1 Peter 5:7)

WHEN WORRY REIGNS...

it can do incredible damage in our lives.

If we are not careful, it will corrode us and our confidence in God's goodness.

It robs us of joy.

It makes us more self-preoccupied and less attentive or loving to other people.

It poison relationships.

Makes temptations look attractive because they will help us escape this inne

Anxiety erodes our ability to feel grateful. It increases our irritability. r pain.

keeping us from trusting God