

What Should I Do When I Am Afraid?

Psalm 57

Interesting Note: A *Michtam* Psalm is one that is of such deep importance the writer requests it to be kept by record, mind, and conscience. The idea is of engraving or a stain that will not wash away. David wrote all the *Michtam* Psalms (16; 56-60).

Introduction:

Why do we fear? We do not know the future. What will happen? How long will joy or pain last? We may live with fears about circumstances or with anxiety feeling something is going to happen. We may also fear peoples' responses (Psalm 56:11; Proverbs 29:25). David, the mighty warrior who defeated Goliath, ran himself into a cave of despondency hiding as a fearful fugitive. Sometimes he lived in insanity on the wrong side of life (Psalm 34). Psalm 57 is likely written when David was concealed away from King Saul at En-gedi (1 Samuel 23-24).

Lesson: Trust the Lord when you are afraid.

1. Retreat to the Lord. Psalm 57:1-3

Who are you trusting: _____, _____, or _____?

2. Realize your fear. Psalm 57:4

Lay fears out to _____.

God's strength is shown in our _____. Psalm 34:6; 2 Corinthians 12:10

3. Reassess your situation. Psalm 57:5-6

Fear startles and _____ at trouble.

Faith strengthens and sees _____ the trouble.

4. Rejoice in God. Psalm 57:7-10

Rejoice in His _____. Psalm 34:18; Philippians 4:4-7

Rejoice in His _____. 1 Corinthians 1:18; Daniel 3:17

Psalm 56:3, "What time I am afraid, I will trust in thee."

Dig Deeper (Read, Study, Pray, and Share): Psalm 37; 56; 57; 91; 139:16; Matthew 6:8; Romans 8:31-39; Philippians 4:6-7; study "trouble" through the Bible