

How Can I Keep from Being Overwhelmed?

Psalm 27

Interesting Note: In much of the Old Testament, the concept of eternity is more masked and less clearly defined than in the New Testament. The focus is more on the “land of the living” (see verse 13), but they believed souls went to a place called *sheol*, a place of the grave and the dead, and someday God would rescue believers from there. It seems that they believed in a separation between unbelievers and believers, Hell and Paradise (see Luke 16:22-23). The clearest revelations in the Old Testament of a resurrection is Job 19:25-27 and Daniel 12:2.

Introduction:

The Bible and Psalms have many more answers for life—troubles are going to come! David knew trouble well. Sometimes he had to run to it, and other times he was running or hiding from it. How should we respond to trouble when it tries to crush us and stop us? David figured out that He could trust God to sustain him and would deliver retribution to those who sought his destruction. Psalm 27 was likely written when David was running from King Saul or his son Absalom. It expresses great trust and overwhelming fear—much like the twists of our own hearts in the trying and tiring times of life’s difficulties. Perhaps our biggest challenge is simply waiting on the Lord during the long seasons of life.

Lesson: Wait on the Lord.

1. Strengthen Faith with Praise.

David was facing overwhelming situations—a “perfect storm”—designed to destroy him, but He trusted God. It is hard at times, but it is helpful to collect yourself and those around you to send a “shout out” to God and praise Him in the middle of the storm.

Praise God for Who He _____ to you. v. 1

Praise God for what He has _____ for you. v. 2

Praise God for His faithful _____. v. 3

2. Destroy Fear with Prayer.

How _____ can you go? v. 7-10

How _____ can you fly? v. 11-14

Wait on the Lord.

Dig Deeper (Read, Study, Pray, and Share): Psalm 27; James 1:2-8; Hebrews 12:7-11