



The Fear Factor

Psalm 27

Message Notes by

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Fear is a natural part of the human psyche, but there are the more psychologically based phobias, anxieties, and post-traumatic stress that are the result of terrible life events, too. In the post 9/11 world, there are many more things to fear now. Meanwhile we still deal with the challenges associated with daily living in our post-modern world. Sometimes it feels like the end times when Jesus predicted that *“Men will faint from terror, apprehensive of what is coming on the world ...”* (Luke 21:26). Fear afflicts everyone.

Psalm 27 is written by David, who spent his life as a shepherd, a soldier, and a political leader. He experienced some harrowing experiences that had shaken him to the core. David lived most of his life in fear. When the Holy Spirit inspired David to write Psalm 27, David was an older man who had learned how to handle “the fear factor.”

What is the antidote for fear? David gives us **four ingredients** that will quiet the fear factor in your life.

I. You Need **FAITH** to Quiet Your Fears (verses 1-3)

1. Make God your **source** *“my light”*
2. Make God your **escape** *“my salvation”*
3. Make God your **security** *“my stronghold”*

II. You Need **WORSHIP** to Quiet Your Fears (verses 4-6)

1. Worship God by your **lifestyle** *“dwell in the house of the LORD”*
2. Worship God by your **praise** *“gaze upon the beauty of the LORD”*
3. Worship God by your **priorities** *“seek him in his temple”*
4. Worship God by your **giving** *“sacrifice with shouts of joy”*
5. Worship God by your **singing** *“sing and make music to the LORD”*

III. You Need **PRAYER** to Quiet Your Fears (verses 7-10)

1. Pray by **calling** on God *“call”*
2. Pray by **seeking** God *“seek his face!”*

IV. You Need **SUBMISSION** to Quiet Your Fears (verses 11-14)

1. **Learning** from God *“Teach me your way, O LORD”*
2. **Following** God *“lead me in a straight path”*
3. **Hoping** in God *“Wait for the LORD”*

Your Response:

1. What are you most afraid of? What are the things that have you worried? List the top ten on a blank sheet of paper. Now pray and ask God to take away your fears and enable you to trust Him for each of these concerns. In your prayer, thank and praise Him for all the certainties that Psalm 27 gives you.
2. What areas of your life are the most valuable? What would happen to your faith in God if these were in jeopardy? How would you cope if you lost them? Ask God to show you what priorities have to be eliminated. Ask God to lead you deeper into faith, worship, prayer, and submission to His will.
3. If you have never asked God to take over your life, why not bow your head and make the decision to let Him lead your life from now on? This decision will give you the power to handle the fear factor and give you eternal life.

For Further Thought/Discussion/Homework:

1. Read Psalms 37, 40, 121, Isaiah 43:1-5, 59:1. What are the promises of these verses? Summarize these verses as a list on a 3X5 card and keep it in your wallet. Take it out when you feel afraid.
2. Memorize Psalm 27:1-3. Then, the next time, when your fears begin to spin around, you can repeat these verses in your mind.

Resources:

Exposition of Psalms by H.C. Leupold
Psalms (2 volumes) by Derek Kidner
Know Fear: Facing Life's Six Most Common Phobias by Ed Young, Jr.

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