

#AllTheFeels – Fear

This month we are discussing the emotion of Fear, this is something that everyone deals with and is a natural tendency in some situations. However; the enemy likes to use fear as one of his tactics to distract us from God's plans, make us feel isolated from those around us, and steal our joy. As we study Psalm 55, we will learn that God supplies everlasting peace to His children and we no longer have to bow to our fears.

Read Psalm 55

Watch #AllTheFeels – Fear Video

- What is something that you are afraid of? Why?
- Have you ever had a fear that you got over? How?

In this Psalm, David goes through the emotion of fear and crying out in the midst of his storm. We know David to be a King that was after God's heart but even kings face fear. However; we see David find peace and joy among his fears because he first trusted in the Lord. In our moments of fear, we want to learn from what King David knew.

1. When we are afraid, our heart wanders

Read verses 1-5

Almost every Hebrew word for fear occurs in the first five verses on this psalm. The first form of fear mentioned is "troubling thoughts", when we are fearful our heart and mind play the "what ifs" game. We think up all the possibilities that could go wrong in the situation

and fear over those, bringing a relentless oppressiveness over ourselves.

- When it comes to fear and anxiety, how much do you think is actually just a battle of the mind and not actual circumstances?
- How important do you believe taking our thoughts captive is when it comes to dealing with fear?

Read verses 6-8

When it comes to fear, neurobiologists have discovered many different reactions we have in the brain but some of the more prominent are “fight or flight”. We even see that in those verses, King David is toying with the idea of running away from all of his problems and fears. When we are afraid, we want to get away more than anything.

Read verse 15

The second part of that reaction is to fight, King David is calling down a curse upon his enemies and this is something called an imprecatory prayer. We see these types of prayers throughout the psalms and they can seem troubling and unchristian to pray so harshly against someone else. In our fear, we are capable of things way outside our character. However; these types of prayers may help to defuse our hatred towards those we consider our enemies.

- Do you believe God is offended by these imprecatory prayers?
- Do you believe there are benefits to these types of prayers? Why or why not?

Read verses 9-14

Lastly, our fear can cause us to distrust others and become fearful of other's actions. We see David's fear almost drove him towards paranoia, causing him to believe the whole city was plotting against him.

When we are fearful, we grow distrustful of others, sometimes rightfully, but sometimes irrationally.

- What causes us to irrationally mistrust others?

However; God has not asked us to stay in this place of fear where we feel like we have to fight, flee, or distrust those around us. He has given us a way of peace and joy.

2. We find peace when we surrender what we cannot control

Read verses 16-18

Here we see that David fixed his eyes on the Lord instead of those coming against him. Often times amid our fear we are so preoccupied with handling our situation that we forget to first seek God.

- Verse 17 says that David cried out evening, morning, and noon, what can we draw from this to help us overcome?

We can trust that God hears us, understands our fear, and is acting according to his perfect love and wisdom. We can trust God even when our deliverance from the circumstance is not immediate.

Read verses 19-23

Despite David's fears, he is convinced that God is still on the throne and can handle all that he is facing. We are urged all throughout the Bible to go to God with a holy fear, a reverent awe for Him. We know that if He is for us then who can be against us, we are urged to have faith and trust in the One who still sits on the throne.

In the video, Pastor Kelsie talks about the two circles. The circle of concern and the circle of influence. Our circle of concern are the things that we worry about on a daily basis; family, spouse, job, health, school, etc. Our circle of influence is much smaller because these are the things that we have direct control over. However; God has the same circle of concern as He does circle of influence because He has the power and might to intervene in any circumstance.

When we hand over the fears and worries of those things, we have no influence or control, our load becomes lighter and easier to manage. We have a Father that wants to hold that load for us and give us His yoke that is easy and light.

- What are some things that are outside your circle of influence that you have been carrying that need to be released to God?

David ends this psalm with "But as for me, I trust in you." Having faith in times of fear may sound like a cliché but it is the only true way forward.

Fear is a natural reaction, but we have a choice to how we will handle that fear. We can allow fear to paralyze us, or we can ask God for help and

surrender to Him what we cannot control and move forward with His peace and joy.

Pray over those things that people shared they need to release control of and give it to God.