



Psalm 55



**Every emotion, regardless of
how it's provoked, is a
reflection of our relationship
with God**



**Emotions have righteous and
unrighteous versions**



Fear



Fear is our response to uncertainty about our resources in the face of danger, when we are assaulted by a force that overwhelms us and compels us to face that we are



helpless and out of control. Fear is provoked when the threat of danger (physical or relational) exposes our inability to preserve what we most deeply cherish.”

Dan Allender



**Fear is our emotional response
to uncertainty**



**Fear and anxiety are telling us 3
truths**



Psalm 55



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

Psalm 55:1-5



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

Psalm 55:1-5



terrors of death have fallen upon
me. Fear and trembling come upon
me, and horror overwhelms me.

Psalm 55:1-5



3 Truths Fear tells us.



3 Truths Fear tells us

1. We live in a fallen and broken world.



Destroy, O Lord, divide their
tongues; for I see violence and
strife in the city. Day and night they
go around it on its walls, and iniquity
and trouble are within it; ruin is in
its midst; oppression and fraud do

Psalm 55:9-15



not depart from its marketplace. For
it is not an enemy who taunts me—
then I could bear it; it is not an
adversary who deals insolently with
me— then I could hide from him.
But it is you, a man, my equal, my

Psalm 55:9-15



companion, my familiar friend. We used to take sweet counsel together; within God's house we walked in the throng. Let death steal over them; let them go down to Sheol alive; for evil is in their dwelling place and in their heart.

Psalm 55:9-15



3 Truths Fear tells us

1. We live in a fallen and broken world.
2. Good things are worth caring about.



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. I would hurry to find a shelter from the raging wind and tempest.”

Psalm 55:6-8



3 Truths Fear tells us

1. We live in a fallen and broken world.
2. Good things are worth caring about.
3. We are not in control.



We all fear what we can't control



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

Psalm 55:16-23



battle that I wage for many are
arrayed against me. God will give ear
and humble them, he who is
enthroned from of old, Selah
because they do not change and do

Psalm 55:16-23



not fear God. 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

Psalm 55:16-23



destruction; men of blood and
treachery shall not live out half their
days. But I will trust in you.

Psalm 55:16-23



The fourth truth:

God is good and in control



**We fight fear by having a
greater fear:**

The Fear of the Lord



To fear God is to know that a moment of existence without Him is hell.... We are to fear the loss of existence; we are to fear the loss of the very essence of humanness as



we walk on the edge of rebellion.
Further to fear God is to be stunned
speechless that the weight of His
fury and rejection crushed His Son,



not us. Awe is not appreciation; it is stone-cold terror at the sense of otherness.

Dan Allender



Ways to Cultivate the Fear of God:



Ways to Cultivate the Fear of God:

1. Sabbath.



Ways to Cultivate the Fear of God:

1. Sabbath.

2. Meditate on Scripture



Ways to Cultivate the Fear of God:

1. Sabbath

2. Meditate on Scripture

3. Remember God's faithfulness

