

Finding Peace in Anxious Times Pt 1

Intro: This psalm is a multi-faceted expression of faith in the face of fear. In it we find 5 elements of David's strategy for experiencing the peace of God: Trusting (vv 1-3), Seeking (vv 4-6), Asking (vv 7-10), Following (vv 11-12), Waiting (vv 13-14).

Trusting

- Vs 1 – the psalm begins with a strong assertion of confidence in Yahweh. The poetic structure in Hebrew is that of declaration followed by question.
- Vs 2 – provides the basis for this confidence. It is an autobiographical reflection.
- Vs 3 – David takes his fear to the extreme and then rests in what God has been for him. "Experience breeds hope and confidence" Richard Sibbes

Verses 1-3 teach that we begin to overcome fear and anxiety by reminding our hearts what God has been for us (in Christ).

The Lord is my LIGHT: (Ps 23:4, 119:1-5; Jn 1:4-5, 8:12; Rom. 8:28-29; James 1; 2 Cor 4:17-18)

The Lord is my SALVATION: (Rom 8:1; 1 Jn 4:17-18; Rom 6:6)

The Lord is the STRONGHOLD: (Prov 18:10; Rom 8:35-39; Heb 4:15)

Questions for Reflection:

1. Give examples of how the light of God's word has ministered to you.
2. Do you tend to listen to your heart or speak to your heart more? How could you use this time to become better at speaking to your heart?
3. Read John 11:25-26, 2 Corinthians 5:1-8 and 1 Thessalonians 4:13-18. What are some reasons Christians need not fear death?