

**GOD MEETS YOU  
WHERE YOU ARE:  
FEAR**

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# **Psalms 56**

“Be gracious to me, O God, for  
man tramples on me;  
all day long an attacker  
oppresses me;  
my enemies trample on me all  
day long,  
for many attack me proudly.  
When I am afraid,

~ Psalm 56:1-13

I put my trust in you.  
In God, whose word I praise,  
in God I trust; I shall not be  
afraid.

What can flesh do to me?  
All day long they injure my  
cause;  
all their thoughts are against me

~ Psalm 56:1-13

for evil.

They stir up strife, they lurk;  
they watch my steps,  
as they have waited for my  
life.

For their crime will they escape?  
In wrath cast down the peoples,  
O God!

~ Psalm 56:1-13

You have kept count of my  
tossings;  
put my tears in your bottle.  
Are they not in your book?  
Then my enemies will turn back  
in the day when I call.  
This I know, that God is for me.  
In God, whose word I praise,

~ Psalm 56:1-13



in the Lord, whose word I  
praise,  
in God I trust; I shall not be  
afraid.

What can man do to me?  
I must perform my vows to you,  
O God;

~ Psalm 56:1-13

I will render thank offerings to  
you.

For you have delivered my soul  
from death,  
yes, my feet from falling,  
that I may walk before God  
in the light of life.”

~ Psalm 56:1-13



“The Psalms have always been favorites of God’s people because they express honest human experience and emotion in a context of faith. In the psalms you meet God where you are.”

~ David Powlison

# **I. What Happens When I Am Afraid?**

“When I am afraid,  
I put my trust in you.”

~ Psalm 56:3

# **I. What Happens When I Am Afraid?**

## **A. Fear is universal**

# **I. What Happens When I Am Afraid?**

**A. Fear is universal**

**B. One of the common elements of fear is loss of control.**

**C. Sometimes we get  
angry about the things  
we fear.**



**C. Sometimes we get angry about the things we fear.**

- **Fear is a response to living in a world that we cannot control.**

**D. David experienced fear  
in his life.**

“Be gracious to me, O  
God, for man tramples on  
me; all day long an  
attacker oppresses me...”

~ Psalm 56:1

“And David took these words to heart and was much afraid of Achish the king of Gath. So he changed his behavior before them and pretended to be insane in their hands and made marks on the doors of

~ 1 Samuel 21:12-15

the gate and let his spittle run down his beard. Then Achish said to his servants, “Behold, you see the man is mad. Why then have you brought him to me? Do I lack madmen, that you have brought this fellow

~ 1 Samuel 21:12-15

to behave as a madman in my  
presence? Shall this fellow  
come into my house?”

~ 1 Samuel 21:12-15



“All day long they injure my  
cause;  
all their thoughts are against  
me for evil.

They stir up strife, they lurk;  
they watch my steps,  
as they have waited for my  
life.”

~ Psalm 56:5-6

**E. When afraid, I should  
trust in God.**

“When I am afraid,  
I put my trust in you.”

~ Psalm 56:3

“In God, whose word I  
praise,  
in God I trust; I shall not  
be afraid.

What can flesh do to  
me?”

~ Psalm 56:4

“In God, whose word I praise,  
in the Lord, whose word I  
praise,  
in God I trust; I shall not be  
afraid.

What can man do to me?”

~ Psalm 56:10-11

**E. When afraid, I should  
trust in God.**

- **When I am afraid I put  
my trust in God.**



# **E. When afraid, I should trust in God.**

- **When I am afraid I put my trust in God.**
- **Our fear always involves trust (or lack of trust).**

# **II. How Do We Try To Deal With Fear?**

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## **A. Avoidance**

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**B. Improvement**

## **II. How Do We Try To Deal With Fear?**

**A. Avoidance**

**B. Improvement**

**C. What can man do to me?**

“...in God I trust; I shall not be  
afraid.

What can man do to me?”

~ Psalm 56:11

“And do not fear those who kill the body but cannot kill the soul. Rather fear him who can destroy both soul and body in hell.”

~ Matthew 10:28



# III. How Do I Put My Trust In God?

# **III. How Do I Put My Trust In God?**

**A. It is not a one time act.**

“When I am afraid,  
I put my trust in you.”

~ Psalm 56:3

# **III. How Do I Put My Trust In God?**

**A. It is not a one time act.**

**B. It is based on  
knowledge.**

“In God, whose word I  
praise,  
in God I trust; I shall not  
be afraid.

What can flesh do to  
me?”

~ Psalm 56:4

“You have kept count of my  
tossings;  
put my tears in your bottle.  
Are they not in your book?  
Then my enemies will turn back  
in the day when I call.  
This I know, that God is for  
me.”

~ Psalm 56:8-9

## **B. It is based on knowledge.**

- **If you want to grow in trusting in God, you need to grow in your knowledge of God.**



# IV. Why Overcome Fear?

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**A. What's the big deal about fear?**

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**B. Where is your fear keeping you from doing what God wants you to do?**

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**B. Where is your fear keeping you from doing what God wants you to do?**

- **Fear can keep us from glorifying God.**
- **Is fear hindering God's purposes in your life?**

**C. The most common command given in the Bible is “fear not”.**

“Then my enemies will turn  
back  
in the day when I call.  
This I know, that God is  
for me.”

~ Psalm 56:9



