

*The Lord of The Fear Factor*  
**Psalm 27**

**Main Idea - We overcome fear by replacing it with hope, worship, truth and trust.**

**Begin by sharing the things each of you is facing that might cause anxiety, stress, and fear.**

**Now consider the things to replace it mentioned in Psalm 27.**

**Hope**

Read 1 Peter 1:3-9 and reflect on these questions:

1. Why does Peter call the Christian hope a “living” hope? How does the truth of the resurrection of Jesus help answer this question?
2. What is the certainty of our hope? (Vs. 4-5)
3. What is the daily discipline of one who has this hope? (Vs. 6-7) (Vs. 8-9)

**Worship**

Read Eph 1:3-14 and reflect on these reasons to worship:

1. List all the things that Paul reminds us God has done.
2. List all the ways God has changed us as a result of what he has done.
3. What does Paul mean by the Gospel in Vs. 13? (see 1 Cor 15:1-8)

**Truth**

1. John 8:31-32. Where do we find truth?
2. 1 Cor 13:6-7 How does reflecting on the truth dispel fear?
3. John 16:13 - Who is the ultimate source of truth? John 8:34-35 - Who embodies the opposite? Read James 4:7-10 Outline James’ battle plan for walking in the truth.
4. Psalm 1:1-2 – What discipline does the Psalmist say gives power to the truth? Describe how one practices this discipline in daily life. Read Vs. 3 – What is the outcome of walking in the truth.

**Trust**

1. Prov 3:5-6 What two descriptions of a person who trusts God with his/her whole heart?
2. What are some other ways to trust – Ps 13:5; Ps 20:7; 118:8-9; 119:42; Is 50:10; John 14:1
3. Read James 1:2-4. Why is it so hard to trust?

**Is there a good type of fear?**

1. Prov 1:7, 29
2. Ps 2:11
3. Luke 12:4-7