

**“The Fearful Heart”**  
**Series: “Secrets of the Heart”**  
**2/8/26**

“If fear is not managed properly, it can lead us into destructive behavior” Grace Shepherd

Psalm 27:1-14 1 “The Lord is my light and my salvation—whom shall I fear? The Lord is the stronghold of my life—of whom shall I be afraid? 2 When the wicked advance against me to devour me, it is my enemies and my foes who will stumble and fall. 3 Though an army besiege me, my heart will not fear; though war breaks out against me, even then I will be confident. 4 One thing I ask from the Lord, this only do I seek: that I may dwell in the house of the Lord all the days of my life, to gaze on the beauty of the Lord and to seek Him in His temple. 5 For in the day of trouble He will keep me safe in His dwelling; He will hide me in the shelter of His sacred tent and set me high upon a rock. 6 Then my head will be exalted above the enemies who surround me; at His sacred tent I will sacrifice with shouts of joy; I will sing and make music to the Lord. 7 Hear my voice when I call, Lord; be merciful to me and answer me. 8 My heart says of you, “Seek His face!” Your face, Lord, I will seek. 9 Do not hide your face from me, do not turn your servant away in anger; you have been my helper. Do not reject me or forsake me, God my Savior. 10 Though my father and mother forsake me, the Lord will receive me. 11 Teach me your way, Lord; lead me in a straight path because of my oppressors. 12 Do not turn me over to the desire of my foes, for false witnesses rise up against me, spouting malicious accusations. 13 I remain confident of this: I will see the goodness of the Lord in the land of the living. 14 Wait for the Lord; be strong and take heart and wait for the Lord.”

### How to Manage the Fearful Heart

#### 1. Recognizing the Fearful Heart

#### 2. Accepting the Fearful Heart

The \_\_\_\_\_ is rooted in the \_\_\_\_\_.

### 3. Managing the Fearful Heart

#### A. A Matter of Perspective...

Vs. 1 “The Lord is my light and my salvation...The Lord is the stronghold of my life...”

Psalm 23:6 “...all the days of my life.”

Acts 4:13 “When they saw the courage of Peter and John...they were astonished and they took note that these men had been with Jesus.”

To \_\_\_\_\_ do I \_\_\_\_\_ my fears?

#### B. A Matter of Priority

Vs. 4 “One thing I will ask...this only do I seek...to gaze on the beauty of the Lord and to seek Him in His temple.”

Hebrews 9:22 “...without the shedding of blood there is no forgiveness.”

#### C. A Matter of Persuasion

Vs. 13,14 “I remain confident of this: I will see the goodness of the Lord in the land of the living. Wait for the Lord; be strong and take heart and wait for the Lord.”

Which is more prominent in my life right now:

My \_\_\_\_\_ or my \_\_\_\_\_?

Romans 8:35-37 “Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? As it is written: “For your sake we face death all day long; we are considered as sheep to be slaughtered.” No, in all these things we are more than conquerors through Him who loved us.”

1 John 4:18 “...perfect love drives out all fear.”

Psalm 56:3,4 “But when I am afraid, I will put my trust in you. I praise God for what He has promised. I trust in God, so why should I be afraid?”

Next week: Psalm 37 “**The Longing Heart**”

