

## **Finding God in a Broken World: Experiencing God When You Are Gripped By Fear**

Fear. It's a powerful emotion. What are you afraid of? Are you afraid of a positive biopsy report? Are you afraid your marriage isn't going to work out? Are you afraid you are going to lose your job? Are you afraid that people will find out something about you that you hope no one will ever know? Are you afraid of terrorist attacks? Are you afraid of another war?

Have you ever experienced fear so intense that you couldn't move? You couldn't breathe? Maybe you had a panic attack? Or does fear show up in your life differently? Tightening of the stomach, headache, insomnia, sweaty palms? How do you deal with fear? What does God say to us when we are paralyzed by fear? You know, we all experience fear, but God has an antidote for fear. That is what we are going to talk about here in Psalm 46 today.

(Tell my story about Papaw)

We are going to look at Psalm 46 because if there is a classic portion of scripture about how to overcome when we are paralyzed and overwhelmed by fear, it is Psalm 46. This is so important because we are living in a day and time of incredible need. We are living in times of amazing uncertainty.

There are times that we get so busy in a given day that we completely forget what is going on around us. You could see a terrorist attack at any minute. There are countries that we couldn't fathom having nuclear capabilities that now have those capabilities. You see everything happening in Europe and how their economy is so interlinked. We watch the stock market. It goes up and down so many times that we don't even think about it when it goes up or goes down by 100 points in a given day. We are living in uncertain times. Not only that, we live in uncertain times where the view of God among believers, let alone unbelievers, has fallen to an all time low. So, when we really have trouble, when we really have a need, we run to God, but we don't even really know what He is like. Not only do we not know what He is like, we have no clue how to experience Him.

We are almost living in a world of biblical illiteracy. People don't know where to go in the scripture, and once they get there, they say how do you experience God? He wants to meet you. He wants to love you. He wants to uphold you. But that doesn't happen in a vacuum. Hopefully when we finish with this series, we will all have a better understanding of who God is and how we can experience Him.

Now you have fear, and I have fear. What do we mean by fear? Webster's says that fear is literally a sudden attack. It's a feeling of anxiety and agitation caused by the presence or nearness of danger, evil, or pain. It is to be frightened, timid, apprehensive, in terror, or dread. Now for some of you, you are concerned about your loved ones. For some of you, that feeling of fear comes when you think about the future. For some, you have fears concerning your marriage. For others, you have fears because you are not married. Some have fears of being alone. Some have fears of the dark. Some of you struggle with panic attacks. Some of you hate crowds and are overwhelmed by fear. Some of you are just fearful of loneliness, and when everyone leaves, you just turn stuff on all over the house. Others of you have financial fears, job fears, you have fears about aging parents, and you have fears about your kids and who they hang out with and how they are going to turn out. You have fears about retirement and how you will pay the bills. You have fears about where you are going to live and if you can keep doing what you are doing. But there is one fear I think that is universal. When you go to the doctor and hear this

one word, fear strikes your heart. It can happen to a 6 or 8-year-old or it can happen to a 68-year-old. That one word is cancer.

What do you say to someone when they have cancer? Imagine yourself in a hospital room with all the dreams you have of your children and your family, and all your schedule comes to a screeching halt. What do you say in a situation like that? What do you say to someone so that they can experience God? You go to the Word and turn to Psalm 46. Imagine as we read this that you find yourself in a time of great and crippling fear and listen to what God would say to you.

46 God is our refuge and strength, a very present help in trouble. 2 Therefore we will not fear, though the earth be removed, and though the mountains be carried into the midst of the sea; 3 Though the waters thereof roar and be troubled, though the mountains shake with the swelling thereof. Selah.

4 There is a river, the streams whereof shall make glad the city of God, the holy place of the tabernacles of the most High. 5 God is in the midst of her; she shall not be moved: God shall help her, and that right early. 6 The heathen raged, the kingdoms were moved: he uttered his voice, the earth melted. 7 The Lord of hosts is with us; the God of Jacob is our refuge. Selah.

8 Come, behold the works of the Lord, what desolations he hath made in the earth. 9 He maketh wars to cease unto the end of the earth; he breaketh the bow, and cutteth the spear in sunder; he burneth the chariot in the fire. 10 Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth. 11 The Lord of hosts is with us; the God of Jacob is our refuge. Selah.

As we look at this Psalm, I want to give you a little overview. Notice, at the top of the psalm, at least in some bibles, it says a song of hope and confidence. Every psalm was actually a song. This was the hymnal of the Old Testament. When they got together and worshipped, they didn't do choruses, and didn't have 18<sup>th</sup> century hymns because it wasn't the 18<sup>th</sup> century. They sang out of the book of Psalms. This is a song of deliverance and confidence for life's darkest era. There are a few musical cues for you to know where the stanzas are. Notice off to the right, you will see the word Selah. Selah is a musical term that means a pause so that you can have a moment of quiet reflection. That tells you where each stanza ends.

Martin Luther made this psalm famous, and it was referred to as Martin Luther's Psalm. The old song a Mighty Fortress is our God is taken from this psalm. When Martin Luther's life was on the line, he was condemned to death, and he went up into a bell tower. He was waiting to be executed, and he penned a Mighty Fortress is our God as he in his time of fear found himself in Psalm 46. What I want to do is read each section, and I want to give you a lesson from it and develop the text. When we leave, I want you to understand it, and you will know how to experience God in a time when your fear paralyzes you.

These are the three life lessons that we are going to learn from this Psalm:

1. We don't have to be afraid because God is for us.
2. God's presence provides an unlimited supply of joy, protection, security, and deliverance even in the midst of our most extreme and severe adversity.
3. God implores us to come and experience His presence in our time of greatest need.

## Life Lesson 1

We don't have to be afraid because God is for us. God being for us means 3 things that we will expound upon in just a minute:

1. He is a refuge. (External Protection)
2. He is a strength. (Internal Protection)
3. He is a present help. (For all people at all times, not just superstars)

The first 3 verses talk about God as our source of hope. It says that God is our refuge and our strength an ever-present help in trouble. That's who He is. Notice after it tells us that, the next word in the sentence is therefore. Therefore means that since that is true, that God is our refuge and strength, we will not fear. Look at the word picture that David paints here in the next few lines. He takes the two most indestructible, stable things he can think of, and by way of hyperbole, he says that if all the pillars in your life, if all the things we know that we can count on, if they are removed, it doesn't matter because God is consistent. If your circumstances are a total mess, everything in your life, it doesn't matter because God is consistent. Do you see that? It says, "Therefore, though the earth give way and the mountains would fall into the heart of the sea and though its waters war and foam and the mountains quake with their surging", what's he saying? God and God alone is your security. That's the theme. God is our source of security. Here is the life lesson. We don't have to be afraid because God is for us.

In verse 1,7, and 11, there is an interesting little phrase where a very literal translation renders a particular phrase a little differently than what most of our bibles say. The scripture says that God is our refuge. In the original language, that meant that God is for us a refuge. God is for us a strength. You do not have to be afraid because God is for you. He's not against you. He's not waiting for you to mess up. When you are in trouble, and you realize that 80% of the trouble you caused yourself, God isn't up there smiling with his arms crossed saying, "See, ha, ha, ha. Look what you did." That is a childhood picture, but it is not a biblical one. God is for you. He wants to meet you.

Now, what exactly is He for you? 3 things out of these first 3 verses:

1. For you, He is a refuge.

A refuge is a defensive place of protection. It takes care of the external issues. A refuge is where you can run to and once you get inside, you can shut the door and take a deep breath and say, "I'm ok." God said that He is for you. He will be a refuge. Not a big steel building. Not some tunnel underground that has rocks all around it and food storage. It's bigger than that. The God of the universe says I, personally, will be your refuge. You can come into me, and I will wrap my arms around you and not let anything touch you. I will be for you a refuge. That's not all, not only does he promise external protection. It is more than that.

2. For you, He is a strength.

This is provision from within. This is the power to endure. By the way, He only gives this minute by minute and moment by moment. He is not a strength for tomorrow. There is no such thing as hypothetical grace. You see, we all worry about tomorrow. What about the job tomorrow?

What about if this relationship goes south in a month? What if we don't have (Fill in the blank)? We get all anxious, uptight, and fearful. You know why? It's because there is no grace for tomorrow. How do we know that tomorrow is even coming? You see, our responsibility is to trust God today, and He will give you strength. If you need this much grace to make it through this hour. That's how much grace you get. If the next hour is tougher and you need more grace, that's how much you get. Moment by moment He says for you, I will be your strength. Then you might say to yourself, well I bet that's only for superstars. I bet that is only very selective. I bet he only gives that in extreme situations. That leads us to the third thing that He is for each of us.

3. For you, He is an ever (or very) present help.

When? In times of trouble. It means He's readily available in trouble no matter how great, no matter how hard. Luther was in that tower, and he was sentenced to die. He was going to be executed the following morning, and he prayed over this passage. God met him, and in confidence, he said a mighty fortress is our God. When they put him on a wagon to take him from the tower to where he was going to be executed, a band of his followers came and rescued him and took him to a German castle, and he hid out in the castle for a year. In his down time, he translated the New Testament into German, and for the first time in history, the Bible was put in the language of the common man. God showed up for him. God will show up for you.

It is important to note that God showing up for you may not always mean that He will deliver you from your current circumstances. It happened that way for Martin Luther, but for every story like Luther's there is a story like Thomas Hawkes. Hawkes was sentenced to be burned to death because he refused to have his son baptized by a Catholic priest.

While in prison waiting until he was to be taken to the stake, Hawkes was allowed to see his friends. Several of them asked him if it would be possible for him to give them some token to show that a man could suffer being burned alive without despairing. Hawkes promised, "by the help of God to show them that the most terrible torments could be endured in the glorious cause of Christ and His gospel, the comforts of which were able to lift the believing soul above all injuries that men could inflict." It was agreed between them that if the pains of burning were bearable, that Thomas should lift his hands toward heaven before he died as a signal to his friends.

On April 10, 1555, Thomas was led to the place of execution, where he mildly and patiently prepared himself for the fire, being fastened to the stake with a strong chain about his middle. After Hawkes had made a prayer, pouring out his soul unto God, the flames were kindled around him, and soon blazed with such fierceness that his speech could not be heard because of the flame's intensity. As the fire burned a long time, his skin was drawn together, and his fingers were consumed, and having not moved, the people thought him dead. Suddenly and contrary to all expectation, Thomas, mindful of the promise he had made to his friends, raised his hands still burning with flames high above his head, and, as if in an ecstasy of joy, clapped them together three times. This is a bit extreme, but this serves as an example that if God chooses not to deliver you from your circumstances, He will certainly help you to endure them.

## Life Lesson 2

God's presence provides an unlimited supply of joy, protection, security, and deliverance even in the midst of our most extreme and severe adversity.

You might say, well how does it work? How does it specifically happen that God is your refuge? Do you have ooey-goey feelings? Do you just have this mystical mist that comes in the room? How does it work for Him to be my strength and my refuge and to be available? Verse 4-7 are going to answer that question. Here is what it says. His presence, God's presence, is the reason for your hope. What he says is that he will show up right where you are in his supernatural presence. He will be with you. It means in your fear, in your trouble, in your hurt, in your anxiety, He will be right there with you, and His very presence will sustain you.

Listen as I read this. Notice it is written for a Jewish audience. He is going to use some phrases that at first shot, you will say, I don't get it, but his original audience understood it immediately. I will explain some of those phrases so we can understand it the way his original audience understood it.

4 There is a river, the streams whereof shall make glad the city of God, the holy place of the tabernacles of the most High. 5 God is in the midst of her; she shall not be moved: God shall help her, and that right early. 6 The heathen raged, the kingdoms were moved: he uttered his voice, the earth melted (he is in control). 7 The Lord of hosts (this means the Lord with all of His armies and all of His resources) is with us; the God of Jacob is our refuge. Selah.

The life lesson from this stanza is that God's presence provides an unlimited supply of joy, protection, security, and deliverance even in the midst of our most extreme and severe adversity. God's presence, he himself is going to enter into your life, and He has an unlimited supply, did you hear the word I used, it sounds crazy, he has an unlimited supply of joy, protection, security and deliverance even in the midst of your most severe trouble. Let me ask you, what would that be? What is your greatest fear? What He is saying is that whatever your greatest fear is, when you find yourself there, His presence has an unlimited supply like a river that has streams, and it flows and flows and flows. Unlimited supply.

You say, well where do you get all of that stuff? Look with me in verse 4, 4 There is a river, the streams whereof shall make glad the city of God, the holy place of the tabernacles of the most High.

Did you pick up the contrast between what the waters were like here in this verse compared to what they were like in verse 3? In verse 3, they were chaos, they were foaming, it was unsteady, and unstable, and by contrast, in verse 4, there is a stream, a river whose streams make glad the city of God. What is the city of God? It's Jerusalem. This could reference several different things, but taking it at its historical value, there is a river that makes glad the city of God. Jerusalem wasn't just a place that David randomly picked out and said, "You know, this would be a nice place for a capital." It was strategic.

In the Bible when you talk about Jerusalem, it was always up, it's like a fortress, you have rocks, rocks, rocks, and then the city. And then all these huge walls, and then there is a river. In ancient days, they would have battle after battle after battle, and the key was to have a fortress that your enemy couldn't overtake, but even if you had a fortress, there was still one way they could overtake you. The one way that they could overtake you was if you didn't have a water supply. If you had a fresh water supply and plenty of food, you could stay in there forever. So, for an Israelite's ears in that day, he's painting a picture that there is this outward opposition, there is danger, there is the enemy, but even while all of

that is happening on the outside, there is a stream, it's called the river of Siloam, that makes glad the city of God. It's all happening bad out there, but in here, it's safe.

Now, there is a spiritual implication as well. Not only is that literally true, but the city of God is used in scripture to talk about where God dwells and where God is present. In Isaiah 8, the same phrase for the stream of God or the river of God is identified with His presence. In Revelation 22, it talks about the throne of God. Guess what flows from the throne of God that gives life? A river. In Old Testament imagery, he is telling those people in the midst of their trouble that God's presence, a stream, a river that flows from the very heart of God, from all of His infinite resources, it flows to a place where they are protected, and there is an unlimited supply. So, what does it do? Notice the first phrase, it makes gladness. It says the river whose streams make glad the city of God.

I hope that makes you ask the question, are you really telling me that in the midst of great adversity and fear that you expect me to believe that God's presence can actually give you joy? Yep. God's presence gives you gladness, even in the midst of your greatest trouble. It goes beyond that, though. Notice that he says, God is in the midst of her; she shall not be moved (God provides protection and security): God shall help her, and that right early. Look at that little phrase at the end of verse 5. God shall help her, and that right early. For us, that is just a little phrase that is easy to just throw away, but in the mind of an Israelite, they would be recalling what happened in Exodus 14:27. This little phrase would have clicked in their minds. That phrase is talking about the break of day, and they would have thought about when Moses lead us out of Egypt, and the Egyptian army was chasing us, Moses prayed, God parted the sea, and then at the break of day, it closed back up. It's a picture of deliverance. In the midst of your greatest fear and trouble, God will deliver you. He will be your security. He will give you what you need. He will protect you and sustain you one moment at a time.

It goes on to say in verse "6 The heathen raged, the kingdoms were moved: he uttered his voice, the earth melted."

All of those metaphors, all of those pictures, there is joy in the middle of all of that chaos because of God's presence. There is protection, there is security, there is peace. Where does it come from? It comes from His presence. Let me show you how powerful this is. So we have this imagery of a river flowing into a city but 4 times in these 4 verses, it says, that this isn't just any city, but it is a city where God dwells. Which is important, because if He is not present, there will not be peace and joy. It will all be chaos and confusion. These 4 phrases makes it abundantly clear that God is present.

1. It says that the streams make glad the city of God where the most High dwells.
2. It says that God is within her (the city).
3. God will help her at the break of day (He has to be there to help her).
4. Skip to verse 7, the Lord almighty is with us, literally for us. It means He's there.

The God of Jacob is our refuge or fortress. A fortress is a high positioned place where enemies cannot reach, where you are protected and it is impregnable. That is a fancy way of saying they can't get in no matter what they try. All of His resources, He's the God of hosts, all of His armies are available, all of His strength, all of His power, is available to meet you where you currently are in life.

Notice who He says that He will do all of this for. He is not just the God, the Lord Almighty, He is the God of Jacob. Did you ever wonder why that is in here? The God of Jacob. Why not the God of

Abraham, or the God of Isaac, or at least the God of Israel from when they changed his name. Do you remember who Jacob was of the 3 patriarchs? He's the not very good one. His name means the grasper of the heel or the deceiver. Jacob is the guy who couldn't get it right. Jacob is the guy who was always lying to people, messing with people, manipulating, and jockeying for position. Jacob was the guy that was always doing people in. I believe there is a clear message here. Down in my heart, I feel like God's presence and power, is definitely given to all of those good Godly and spiritual people. You know the people I'm talking about, some of the elders of the church, those really saintly people. You say to yourself, oh boy, I know that God is really going to show up for all of those people because they are on a different level spiritually.

This is a message of grace. He is saying I am the God of Jacob. I show up for manipulators, and schemers, people that are living double lives, hypocrites, and people whose lives are not together. In fact, God will often use the time of your greatest need to do the most radical transformation of your heart. He will use it to identify some pride you didn't want to look at before, but you are hurting so bad that there is nothing else to do but look. To look at your priorities like never before, to look at your relationships like never before, to look at your values like never before. When you are a Jacob, God says, I'll show up for you. Isn't that encouraging? Unfortunately, when some of us are afraid, we run from God instead of running to Him.

### **Life Lesson 3**

That leads us to life lesson 3. Instead of running from Him, God implores us to come and experience His presence in our time of greatest need. In the final stanza of this psalm, David is going to teach us how all of this really works. It's great that God is our refuge and a strength and present help, but how specifically, can you enter in to this refuge? In verses 8-11, God is calling us to experience His presence. What I have told you is what is true. The first 3 verses are a promise. Verses 4-7 are why God is a refuge and strength. It's the reason that you can trust Him. His presence is available for you regardless of your circumstance. Verses 8-11 are the how, it's an invitation. How do you enter in and experience his presence? Let me read it, and then we will make some comments. There are two commands:

1. Behold the works of the Lord.
2. Be still and know that He is God.

We have learned that we don't have to be afraid because God is for us. We have learned that God's presence provides an unlimited supply of joy, protection, security, and deliverance even in the midst of our most extreme circumstances. Here we learn that God implores us to come and experience His presence in our time of greatest need. He implores us, He invites us, He commands us. It is available but you have to come. There are two commands here. Here is you with your problem, and here is God with His resources. There are two things that you have to do for you and your problem to become interconnected with God to experience Him and His resources.

### **Behold the Works of the Lord**

The first command is found in verse 8 and 9. 8 Come, behold the works of the Lord, what desolations he hath made in the earth. 9 He maketh wars to cease unto the end of the earth; he breaketh the bow, and cutteth the spear in sunder; he burneth the chariot in the fire.

Come and see the works of the Lord. Seeing the works of the Lord means 2 things:

1. Reading Scripture
2. Recounting the works of the Lord in your own life.

You have to come. Come to Him. The word see here is very interesting. It has more than just one meaning. Not only does it mean for you to see with your physical eyes, but it carries the idea of a seer or prophet. It's the idea of looking at life with the spiritual or inward eye. You look at the facts and see what you think that God is doing, what God could be doing. Come and see. What are you supposed to see? You are supposed to see the works of the Lord. What did that mean to the Old Testament saints? What were the works of the Lord?

Genesis, God created all that there is. Exodus, He delivered all of the people. David, He made him king. They had battles with all of the philistines. They would recount the works of the Lord, His faithfulness in the past. That's why it says, the desolations He's brought on the earth. Hey, He has delivered us in the past, God has come through for us in the past.

Notice how the tense of the verb changes. It goes from what He did do in the past to what He is doing in the present. It says He makes (present tense) wars to cease, the ends of the earth he breaks the bow, it's not only a picture of His works in the past, but the confidence that one day as the warrior king, He has all power in His hosts and armies, and He is going to take care of all of life and bring about justice. The invitation is for you to come and to look and remember who God is. You see what He has done in the past, and what He will do in the future. He is going to bring peace. He is going to take care of everything. How do we do that?

I have said it over and over again. To get an accurate view of who God, we must read the scriptures. We have to go back, we cannot get a clear picture of who God is unless we read the Bible. When we do that, we find that what He has done in the past, He is eager to do in the present and the future. I don't know where you are in your walk with the Lord, but if you think that you are going to experience the presence of God without being a person of His word. You are mistaken. God does not reveal Himself in a vacuum. His words are life. When you hurt, open His word and read and cry out in desperation, and I guarantee you that He will speak to you. When we hurt, we spend way too much time on the phone, we spend way too much time listening to talk radio, we spend way too much time on the internet finding way too much detail about the disease we are fighting or whatever is going on in the world that we cannot control, and trying to figure out how we can make it through this on our own. Research is good, but you will only find the works of the Lord in the scripture.

The second thing you need to do is recount the works of the Lord in your own life. You can keep a journal. We all get discouraged a lot. Keeping a journal is a good way to remind yourself what the Lord has done in your life. It can be as simple as writing down a list of your prayer requests and recording how God has answered them. That gives you a record of how He is working, and it can be used to encourage your heart when you need to be reminded how He has moved on your behalf. You look at those requests and put a check, God answered, God answered, God answered, God answered, God answered, and what He has done in your past, He will do in your future. That is how you come and see the works of the Lord. And you get up next to people that have seen the Lord move in their life and you talk with them and pray with them. Some of you are desperately hurting, and God wants to use another

person to show you how He intends to be faithful in your life. But you are too scared of what someone else might think to put yourself out there.

### **Be Still and Know He is God**

The second command is found in verses 10 and 11. 10 Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth. 11 The Lord of hosts is with us; the God of Jacob is our refuge. Selah.

Be still and know that He is God. This is a passage used in a lot of texts and devotionals that is supposed to be this nice pretty and fluffy idea. Meditation is great, being quiet before the Lord is wonderful, but literally the phrase be still means to cease striving. Stop. Knock it off. Get your hands off the deal, hold off, and surrender. You see when we are in trouble, our tendency is to go and try to find something else to deliver us. The Israelites would go to try to find a foreign power to deliver them. We go and jockey and manipulate and try and cut deals, God I'll do this, if you do this. God says, you know what, when you are in real trouble, you will meet me on my terms. Be still.

It's the same kind of phrase that Jesus used when He was in the boat with His disciples. You remember what happened when the storm was raging all around them? Jesus said peace be still, and then, right like that, nothing the waves and winds sat down. That is the idea of this word. It's when you say, I'm going to stop. I'm going to quit pretending. I am going to know that He is God. I'm not God. I'm going to know that He is bigger than what I fear. He is God, not a paycheck. He is God, not another person who is not responding right now. He is God. Why? He will be exalted among the earth, He will be exalted among the nations. He is sovereign. This is a picture of the righteous, warrior judge in control. Stop and surrender. Practically for us this means that we pray. A prayer of absolute surrender and dependency. You take all of the chips in your life and push it all to the middle of the table. And this is what it means to be still. It's yours God. I give up. You call the shots. I need you in whatever situation that I am in. When you do that, the Lord almighty will be with you. The God of grace. The God of Jacob. He will be your fortress, a refuge, an ever-present help in a time of danger. (Ask for song leader, also have complete outline of what we covered and briefly review.)

I'd like to ask you a very personal question before we end today's lesson. What is your greatest fear? When we fear things we have this way of pushing things farther and farther down, thinking that if we push them down, they will go away, but what they do is give us ulcers, insomnia, and produce stress. I want you to comprehend based on the truth of what we have seen in this scripture, that God understands your fear. In fact, Psalm 46 is written from God to us for when we fear. I want to give you one verse to meditate on to begin to battle the fear that you feel within you. Isaiah 41:10, here is what God says to you today, "Fear not for I am with you. Be not dismayed, for I am your God. I will help you. I will support you. I will uphold you with my victorious right hand." God is saying to you don't be afraid over and over and over throughout the course of scripture, He says to courageous men in difficult times, don't fear. He says to Mary, don't be afraid. He says to Joseph, don't be afraid. And he says to you today, I am with you always, don't be afraid. Let me help you.

I was listening to a song the other day called Find You Here. Ellie Holcomb is the artist that sings the song. You may have heard of her and heard the song. It's pretty regularly played on KLOVE. The chorus of the song goes like this: "And I didn't know I'd find You here, in the middle of my deepest fear, but You

are drawing near. You are overwhelming me, with peace. So, I'll lift my voice and sing. You're gonna carry us through everything. You are drawing near. You're overwhelming all my fears with peace.

This reminded me of when I taught about Isaiah 6, and I feel that is a really nice way to end the lesson tonight. In Isaiah 6, it says, "In the year that king Uzziah died, I saw also the Lord sitting upon a throne, high and lifted up, and his train filled the temple. Above it, stood seraphims: each one had six wings: with twain he covered his face, and with twain he covered his feet, and with twain he did fly. And one cried unto another, and said, Holy, Holy, Holy, is the Lord of hosts: the whole earth is full of His glory. I want to focus on the word glory here for just a second.

In the Hebrew, the word glory means weight. So here in this scripture, it literally means that the whole earth is filled with the weight of God. Let me give you a word picture to understand what it means to experience the glory of God with respect to your fear. Imagine that I were to fill up a bath tub, almost all the way up to the edge, and the bath tub has a bunch of toys and other things in the water floating on top. Now, imagine that I were to place Nathan in that tub. Do you know what would happen? Nathan is heavier than the water and heavier than all of those toys. His weight would displace the water and the toys and literally expel some water and all of the toys out of the tub. That is what happens to fear, worry, anxiety, and any other emotion when you come into contact with the full glory of God. His weight displaces and expels all of those things. You cannot experience those things in the presence of God because He literally consumes and overwhelms everything else that you are experiencing.

I just told you that He has promised to be with us always, but we have to call on Him. When is the last time that you saw His glory? When is the last time that you tried to get in His presence and turn all of the worry, fear, and anxiety over to Him? He is our refuge, an ever-present help in times of trouble. Let Him have it. As the song said, He will overwhelm your fears, He will overwhelm your worry, He will overwhelm your anxiety with peace. Philippians 4:6-9 says, "6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. 8 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. 9 Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you." God wants to be with you in the midst of your greatest need, but you have to quit trying to do it in your own strength and in your power. Let go and let God. He is God and you are not. The sooner you learn that, the better off you will be. Come. Let Him be God.