



# WHOM SHALL I FEAR?

## DIGGING DEEPER:

1. Go around and have everyone share a time when they were really afraid. What happened? What did they do? How did it turn out?
2. Next, together talk about ways you might have faced that fearful situation in light of Psalm 27. Brainstorm different ideas. Stay away from passing judgement for the way it was handled... instead focus on how they might handle fear the next time.
3. For all of us, waiting can be the hardest thing. Talk about what makes it so hard, and what can we do, when we turn to the Lord and it seems as if nothing is happening.

Psalm 27 gives us the right perspective for handling the most troubling and fearsome of situations... *“Of whom shall I be afraid?”* We all face scary moments in our lives. Some of them involve life threatening situations, others involve major life changes, and some involve relationships that are impacted.

Regardless of where or what we face, David reminds us, *“The Lord is the stronghold of my life”*. Spend some time this week at your dinner table or in the car talking about ways we can help each other be prepared for those unavoidable times in our life when we will come face to face with fear. There is no question it will happen. It's not a sin to be afraid or a sign of weakness. The issue is, what will we do. Will we allow that fear to cause us to shrink back in terror... or will it cause us to declare, *“The Lord is my light and my salvation!”*

## ACTIVITY:

*Read Psalm 27 as a family*

### **Faith Not Fear:**

Give each family member 2-3 index cards. Have each person in the family write or draw out 2-3 things that they are afraid of or worry about on one side. Take turns sharing. As each person shares, combat the fear/worry with the truth of scripture. Write the scripture on the other side of the card. Some Scripture ideas to get you started:

*Proverbs 3:5-6; Isaiah 43:2; Psalm 91:1-2; Psalm 121:3; Proverbs 29:25 ; Isaiah 26:3; Nahum 1:7; Psalm 37:23*

### **The Whole Picture:**

*Materials: A picture of a famous painting (Mona Lisa), A picture of a small portion of the painting, a cross stitch picture.*

*Read verse 14 again.* What do you think it means to wait on the Lord?

Sometimes it can be difficult to trust when we don't know what the plan is, what the bigger picture looks like, or what your part is in the grand scheme of things. Show a printout of a portion of the 'Mona Lisa' (A sleeve?): Ask them if they think it's a good picture, attractive, well painted and nice enough to hang up on the wall in their house (most will say, 'what is it?' or 'it's ugly', etc.). Then show them the back of a cross-stitch picture, with all the loose threads hanging and mess, and ask them if it's pretty enough to hang in their house (you should get a similar response). Then show them the whole picture: 'The 'Mona Lisa' is by Leonardo da Vinci and is probably the most famous painting in the world. The original hangs in the Louvre gallery in Paris and is considered priceless. That is, the gallery would not sell it to you for any amount of money.' Turn the cross-stitch picture around so they can see the front: When we don't see the full picture, things can look pretty messy. You know, from where we are, sometimes we look at our life and think, "well, things aren't going too well at the moment...this is wrong and this is wrong and this is wrong". But God sees the full picture of our lives. He can see what's happening around us and he can see what's happening in our future. So, if life is a bit like a messy corner of a painting at times, remember that God sees the whole masterpiece and knows what is happening. You just have to trust Him!