

“How to Face Fear”

Psalm 34

People are afraid of high places, closed in places, bugs, birds and all kinds of other things. It is probably safe to say that everyone has some kind of fear in their life. David wrote Psalm 34 because of fear as he was running for his life from the Philistines and King Saul who in his jealousy wanted to kill him. David shares five things for us to see about fear if we are to face it in a realistic way and find deliverance from it.

1. **My Acknowledgment of the Lord's Dominion.** (verses 1-3)
I must understand the Lord's sovereignty in my life because ultimately he is in control of our lives and therefore we are totally enveloped in his care. “I will extol the Lord at all times”, even when I fear. It is a choice, “I will” praise him as this begins with the will and spreads to the emotions. “Let us exalt his name together.
2. **My Acceptance of the Lord's Deliverance.** (verses 4-7)
There must be a time in my life when I seek deliverance. David said “I sought the Lord and he answered me” (Vs. 4). There is a three step process to accept the Lord's deliverance.
 - a. Admit your fear. (Vs.5). Don't cover up your fear but bring it out in the open and never be ashamed of your fear, just be honest and admit it. Give it to God.
 - b. Appropriate his power. (Vs.6). Fears restrict, bind, and limit us and that is not what God wants for us. The Lord's power can release us and make us free.
 - c. Accept his protection. (Vs.7). When fear begins to close in we can be protected by God's mighty power. If God is for us it doesn't matter who or what is against us, we will be free.
3. **My Actions Concerning the Lord's Deliverance.** (verses 8-14)
It is not enough to acknowledge his dominion and accept his deliverance, we must take action. Verse 8 tell us to “taste and see that the Lord is good” and of all the senses, taste is the most gratifying. We need to fear the Lord in reverence of his greatness and he will relieve our fears we confront in life. Struggling against our fears always fails but when we seek the Lord, we lack no good thing.
4. **The Lord's Awareness of my Fear is Reassuring.** (verses 15-18)
He is aware, he sees, and he knows what is troubling us and he hears our cry and will save those who are crushed in spirit.
5. **The Lord's Adequacy for my Deliverance.** (verses 19-22)
In verse 19 there are two promises: 1. “A righteous man may have many troubles” and 2. “The Lord delivers him from them all.” To sum this all up; The Lord “keeps on redeeming” the soul of his servant. There may be times you will want to go back to the cave of fear but take that fear to God for he will still be there to deliver.

Hide the words of Isaiah 41:10 in your heart and they will deliver you over and over. “So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.”