

THE PRESCRIPTION FOR FEAR

(Psalm 56 & 1 Samuel 21)

Have you ever been afraid, really afraid? If you have then you know that it can be paralyzing. There are many things in our world that can cause us fear. Enemies, sickness and death, job loss, and failure are some of the most common.

Did you know that the Bible tells us that David, the mighty warrior, was once gripped by fear? This great man of God who had killed the giant, Goliath, became very much afraid of his enemies. This is encouraging for the Bible also tells of the account and how he, and now we, can overcome fear. (1 Samuel 21:10- 22:1)

TWO VOICES CALLING US WHEN WE ARE FEELING OVERWHELMED BY OUR CIRCUMSTANCES. *For we are small and puny and therefore easily troubled...*

I. **The Voice Of Fear: David Tells Us Of His Fear In The Face Of Enemies.**

(Ps. 56:1-2,5-9)

- A. The title of the Psalm tells us that the setting was when he visited the Philistine city of Gath.
 - 1. David was not safe in his own country, because King Saul desired to kill him. He fled to this enemy city for refuge. How sad.
 - 2. Gath was Goliath's hometown. His family lived there. David had killed him not too years earlier. They recognized him, had heard the songs, and saw Goliath's sword.
 - 3. 1 Samuel 21: 12 is the only recorded statement telling us he, "was very much afraid." For his enemies sought to kill him.
- B. David tells of this voice of fear in his Psalm 56. Here he gives two emphases:
 - 1. He tells of the "fury of the attack." (vv1-2) He does so by word repetition. "pursue" "attack" "all day long" are repeated in verse 2. He means by this to say, he is overwhelmed, because of their pursuit of him.
 - 2. He tells of the "nature of the attack." (vv5-9) His enemies slandered him, twisting his words to justify killing him.
- C. David ends this section with a prayer asking God to deal with his enemies and ends with a request that God will remember his sorrows, making a list of them. (v.8)
 - 1. David knows that God knows what he is going through and that He will remember. "put my tears in your bottle" (KJV)
 - 2. The idea: God will never forget nor be indifferent to our cares. Wow!

