

- I. ONE THING—The One Thing that I'd like to take away from today's class and believe God to accomplish in my life is:

II. MEDITATION

- A. Review your class notes from Tuesday.
- Take some time to think about the main ideas of the lesson. If you want to add details to your notes, you'll find the audio message on our website under the Resources tab. (www.DivineDesignDiscipleship.com).
 - Which of the scriptures referenced were particularly meaningful to you? Write out those verses below and spend some time studying them this week.
- B. Rewrite your One Thing into a prayer, expressing your heart's desire for God to make this truth become your experience.

III. PRINCIPLES

The following principles will aid you in overcoming anxiety, worry, doubt and fear:

A. COMMISSIONED

- This powerful passage written by David provides many insights for overcoming anxiety, worry, doubt, and fear: Ps 27 NAS-- The Lord is my light and my salvation; whom shall I fear? The Lord is the defense of my life; whom shall I dread? When evildoers came upon me to devour my flesh, my adversaries and my enemies, they stumbled and fell. Though a host encamp against me, my heart will not fear; though war arise against me, in *spite of* this I shall be confident. One thing I have asked from the Lord, that I shall seek: That I may dwell in the house of the Lord all the days of my life, to behold the beauty of the Lord and to meditate in His temple. For in the day of trouble He will conceal me in His tabernacle; in the secret place of His tent He will hide me; He will lift me up on a rock. And now my head will be lifted up above my enemies around me, and I will offer in His tent sacrifices with shouts of joy; I will sing, yes, I will sing praises to the Lord. Hear, O Lord, when I cry with my voice, and be gracious to me and answer me. *When You said*, "Seek My face," my heart said to You, "Your face, O Lord, I shall seek." Do not hide Your face from me, do not turn Your servant away in anger; You have been my help; do not abandon me nor forsake me, O God of my salvation! For my father and my mother have forsaken me, but the Lord will take me up. Teach me Your way, O Lord, and lead me in a level path because of my foes. Do not deliver me over to the desire of my adversaries, for false witnesses have risen against me, and such as breathe out violence. *I would have despaired* unless I had believed that I would see the goodness of the Lord in the land of the living. Wait for the Lord; be strong and let your heart take courage; yes, wait for the Lord.
- God's call on our lives comes with holy fear of the Lord that helps us battle other fears. This is evident in David's life as he battled conflicts without and within.
- Scholars think David wrote Psalm 27 when fleeing from Saul. David had been commissioned by God to replace Saul as king over Israel: 1 Sam 16:13-- Samuel took the horn of oil and anointed him in the midst of his brothers; and the Spirit of the Lord came upon David from that day forward.
- God has also chosen us and given us the power of His Spirit: Acts 1:8 NLT-- But you will receive power when the Holy Spirit comes upon you. And you will be my witnesses, telling people about me everywhere—in Jerusalem, throughout Judea, in Samaria, and to the ends of the earth.
- Like David, all of God's people can face conflict of any kind by knowing His call and by relying on His Spirit:
 - Zech 4:5-7 TV-- The Commander of *heavenly* armies, has said this to Zerubbabel: "Your strength and prowess will not be enough to finish My temple, but My Spirit will be." *And He says this to those thwarting Zerubbabel's efforts*: "Who are you, O mighty mountain of opposition? ...You will become *nothing more than a smooth plain*, and he will quarry the capstone and bring it out to the sound of people shouting, 'God, grant it Your grace! God bless it!'"
 - 1 Cor 1:20-22 NLT-- For all of God's promises have been fulfilled in Christ with a resounding "Yes!" And through Christ, our "Amen" (which means "Yes") ascends to God for his glory. It is God who enables us, along with you, to stand firm for Christ. He has commissioned us, and he has identified us as his own by placing the Holy Spirit in our hearts as the first installment that guarantees everything he has promised us.

- 1 Pt 2:9 NLT-- You are a chosen people. You are royal priests, a holy nation, God's very own possession. As a result, you can show others the goodness of God, for he called you out of the darkness into his wonderful light.
- Absence of grace and power also helps us deal with fear and conflict around our circumstances: Phil 2:13 AMP-- [Not in your own strength] for it is God Who is all the while effectually at work in you [energizing and creating in you the power and desire], both to will and to work for His good pleasure *and* satisfaction *and* delight.
- If we are lacking in energy and/or desire, it may be an indicator that it is time to say "no" to a potential call or that the season is over for an existing one.

Insights:

B. CONFIDENCE

- David put his confidence in God when times of conflict made him vulnerable to fear.
- Even in the worst-case scenario he says, "Whom shall I fear? ...Though war arise against me, in *spite of* this I shall be confident." (vv. 1,3)
- David was confident in conflict based on his previous experience. There was friction with his brothers about Goliath. Surely conflict came when he was named king.
- God had faithfully delivered David in conflict with lions, bears, giants, kin, and king!
- "Fear is a dark shadow that envelops us and ultimately imprisons us within ourselves...but we can conquer fear by using the bright liberating light of the Lord who brings salvation." (James C. Galvin)
- In the statement "I shall be confident," confident is defined as "to persuade to trust; to be sure, secure, careless; to set one's hope upon anyone." (Strong's H982)
- "'Whom shall I fear?' A question that is its own answer. The powers of darkness are not to be feared, for the Lord, our light, destroys them; and the damnation of hell is not to be dreaded by us, for the Lord is our salvation. This is a very different challenge from that of boastful Goliath, for it is based upon a very different foundation; it rests not upon the conceited vigor of an arm of flesh, but upon the real power of the omnipotent I AM." (Spurgeon)
- David had reason to have confidence in himself. He had popularity, powerful allies (Jonathan), position, and good looks! ☺ (1 Sam 16:13, 21; 17:42; 18:22)
- We can be tempted to be self-confident in fearful times. David failed in this way later in life. (2 Sam 11:5ff) We must be mindful not to put our confidence in anything earthly:
 - Ps 44:6-- I will not trust in my bow, nor shall my sword save me.
 - Phil 3:3—We... worship in the Spirit of God and glory in Christ Jesus and put no confidence in the flesh

- Ps 46:5-8 MSG—Why should I fear in bad times, hemmed in by enemy malice, Shoved around by bullies, demeaned by the arrogant rich? Really! There’s no such thing as self-rescue, pulling yourself up by your bootstraps. The cost of rescue is beyond our means.
- Why opt for self-reliance when we can put our confidence in God’s favor and love? Ps 147:10-11 NAS-- He does not delight in the strength of the horse; He does not take pleasure in the legs of a man. The Lord favors those who fear Him, those who wait for His lovingkindness.

Insights:

C. CONVICTION

- In a time when David was plagued with conflict and potential fear, he has the firm conviction that communing with God needs to be his #1 priority: Ps 27:4, 8 NLT-- The one thing I ask of the Lord— the thing I seek most— is to live in the house of the Lord all the days of my life, delighting in the Lord’s perfections and meditating in his Temple... My heart has heard You say, “Come and talk with me.” And my heart responds, “Lord, I am coming.”
- Despite probable feelings of fear he declares by faith, “in the secret place of His tent He will hide me; He will lift me up on a rock.” (v. 5)
- He took his fearful thoughts captive and then took them to God’s throne of grace:
 - Fear of missing God (v. 9)
 - Fear of condemnation (v. 9)
 - Fear of rejection (v. 9)
 - Fear of man (v. 9)
 - Fear of abandonment (vv. 9-10)
- In simple words anxiety is just an internal conflict taking place inside your mind. (M.F. Radwan)
- Connecting with God’s truth in the face of inner conflict and the enemy’s lies is the way to win: Ps 27:11-12 MSG--Point me down your highway, God; direct me along a well-lighted street; show my enemies whose side you’re on. Don’t throw me to the dogs, those liars who are out to get me, filling the air with their threats.
- The God of Angel Armies goes before us and will lead us every step of the way.
- God...walks ahead to fight the battles we fear we can't win. He calms the seas we're convinced we can't beat. He softens the blows we worry will take us down. He knows our road. He understands our coming trauma. He knows how to lead us through it. Do you know what this means? We can worry less. (Kelly Balarie)
- LISTENING EXERCISE: *Lord, is there a place of inner conflict (that I may not even be aware of) that you want me to bring to You today?*

Insights:

D. COURAGE

- David decided to live courageously. He reinforced that decision by cultivating thinking habits that caused him to grow in courage: Ps 27:13-14— *I would have despaired* unless I had believed that I would see the goodness of the Lord in the land of the living. Wait for the Lord; be strong and let your heart take courage; yes, wait for the Lord.
- The use of the word “let” implies that we are making a choice, a cold-blooded decision that is not based on our emotions.
- He clearly contrasts the options: despair (a feeling) vs. courage (a mindset)
- Feelings are fickle. They vary based on circumstances and so many other variables.
- Courage, defined—to be of a fixed mind; to be alert, physically to fortify, harden or make strong; to prevail (Strong’s H553)
- Definitions of courage that are helpful in our pursuit of overcoming fear/FOM include:
 - “Courage is doing what you’re afraid to do. There can be no courage unless you’re scared.” (Eddie Rickenbacker)
 - “Spiritual courage is the ability to obey God when you’re afraid. ” (Chad Wintringham)
- David charged his son Solomon to have Fear of the Lord and courage as he took on his role as king: 1 Chron 22:13 MSG-- Now, son, God be with you. God-speed as you build the sanctuary for your God, the job God has given you. And may God also give you discernment and understanding when he puts you in charge of Israel so that you will rule in reverent obedience under God’s Revelation. That’s what will make you successful, following the directions and doing the things that God commanded Moses for Israel. Courage! Take charge! Don’t be timid; don’t hold back.
- God commands us to have courage. Pray, “Make it true of me!” when fear rises up:
 - Josh 1:9 NLT-- This is my command—be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go.
 - Is 35:3 MSG-- Energize the limp hands, strengthen the rubbery knees. Tell fearful souls, “Courage! Take heart! God is here, right here, on his way to put things right and redress all wrongs. He’s on his way! He’ll save you!”
 - Is 41:10 AMP-- ‘Do not fear [anything], for I am with you; Do not be afraid, for I am your God. I will strengthen you, be assured I will help you; I will certainly take hold of you with My righteous right hand [a hand of justice, of power, of victory, of salvation].’
- David tells us to wait on God twice! Feelings are the last thing to fall in line with the truth. We must 1) wait in God’s presence and 2) wait for His promise to be fulfilled.
- What do we learn while we are waiting? We learn God Himself. God is revealing His perfections, His impeccable ability to be in charge of every detail. His timing is split-second. He is omniscient, omnipresent, and omni-caring. He works all and in all. He gives confirmations of His ever-presentness. He gives us assurances of His real power over the enemy that is not seen. His Holy Spirit focuses us. We want proof, but faith is the substance (not the evidence) of things hoped for, the conviction of things not seen (Heb 11:1). The Holy Spirit says, “I am giving you the substance of faith.” He gives the grace to await His purposes until the precise moment when He gives evidence that He was working all along. (Sylvia Gunter)
- Ps 27:13-14— *I would have despaired* unless I had believed that I would see the goodness of the Lord in the land of the living. Wait for the Lord; be strong and let your heart take courage; yes, wait for the Lord.

Insights:

D. CONTINUE TO PRACTICE

- Ask God to search your heart concerning Conflict, both without and within. Use Psalm 27 as a weapon to battle your anxiety and fear. Make the choice to “let your heart take courage.”
- Be alert for anxious thoughts and fearful emotions that indicate Fear of Man in your life.
- Use the Handout “Tools & Techniques: Liberation” to reinforce that truth that your love and acceptance by God are unconditional.
- Keep a journal of your 2-way prayer conversations with God. Be sure to confirm what you’ve heard by being sure it is consistent with the whole counsel of Scripture.
- Use “Tools & Techniques: Listening to God” for biblical support and practical suggestions.
- Find general promises for all God’s children on “Tools & Techniques: Spiritual Blessings” or look up verses using an online search engine such as BibleGateway.com.
- Here is a suggested format for Listening Prayer:*
 - Pay attention to your places of fear, dread, doubt, worry, and anxiety this week. These are places you need a promise or a word from God! Choose one to share.
 - Take 5-10 minutes for Listening to the Lord:
 - Spend a few minutes focusing on God. Use a song or a Psalm to stir thanksgiving and worship in your heart.
 - ASK: “Where in my life do I need a promise from You? Is there a specific circumstance or relationship?” Let the thoughts flow. Choose the one place or relationship that rises to the top.

 - ASK: “How am I feeling about this circumstance or relationship?” Write down what comes to mind.

 - Picture yourself giving your negative emotions to the Lord. What do you see or hear?

 - ASK: “What do you want to give me in return?”

 - ASK the Holy Spirit to lead you into all truth as you search the Scriptures. Record the most meaningful ones here or in your spiritual journal. Make sure the verses are in agreement with the whole counsel of Scripture.

 - Meditate on those verse(s) until they become your personal promise(s).
- *Here are some additional suggestions for Listening Prayer as you deal with events or environments from the past, distant or recent. Ask God:
 - “What is the message that I came to believe from this memory?”
 - “What is Your truth that counteracts the message(s) I believed?”
 - “Where was my omnipresent Savior in that memory?” (Let the HS use your imagination to replace your old mental pictures with His new one.)
 - Ask the HS to remind you of the new message and/or picture that you received whenever your button gets pushed.
- Come next week prepared to share something that you learned from the lesson or this listening exercise, and how you are using that truth to combat your fear.