Introduction:

Fear – lit. “sudden attack,” A feeling of anxiety and agitation caused by the presence or nearness of danger, evil or pain. To feel frightened, timid, apprehension, terror, or dread. (Webster’s Dictionary)

• My Fears

• Your Fears

• Our Fears
A song of hope and confidence for life’s darkest hours:

Psalm 46

God – Our Source of Hope

1 God is our refuge and strength, an ever-present help in trouble. 2 Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging. Selah

God’s Presence – Our Reason for Hope

4 There is a river whose streams make glad the city of God, the holy place where the Most High dwells. 5 God is within her, she will not fall; God will help her at break of day. 6 Nations are in uproar, kingdoms fall; He lifts His voice, the earth melts. 7 The LORD Almighty is with us; the God of Jacob is our fortress. Selah

God’s Calling – To Experience His Presence

8 Come and see the works of the LORD, the desolations He has brought on the earth. 9 He makes wars cease to the ends of the earth; He breaks the bow and shatters the spear, He burns the shields with fire. 10 “Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.” 11 The Lord Almighty is with us; the God of Jacob is our fortress. Selah
Life lessons from Psalm 46:

1. We don’t have to be afraid because God is “for us.”
   Psalm 46:1-3

2. God’s presence provides an unlimited supply of joy, protection, security, and deliverance even in the midst of our most severe adversity.
   Psalm 46:4-7

3. God implores us to come and experience His presence in our times of greatest need.
   Psalm 46:8-11

4. God’s presence sustains us moment by moment as we learn to trust Him.
   Psalm 46:11

➢ Your Move – Father, I feel very afraid concerning __________________________; so today I choose to give You my fear and demonstrate my trust in You by ________________________________.
Action Steps:

For personal, family, growth groups, and ministry team use -

1. Where are you tempted in your life to “cave in” to fear? Explain.

2. What does it mean that God is our refuge, our strength, and our fortress?

3. In what ways has God’s power and presence sustained you in the past? How does recalling these help you face today?

4. How did the testimonies given today give you hope for your situation?

5. What would “Be still and know that I am God” look like in your life right now? Are you willing to do that?