

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

¹God is our refuge and strength, an ever-present help in trouble. ²Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, ³though its waters roar and foam and the mountains quake with their surging. Selah

God's Presence – Our Reason for Hope

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

God's Calling – To Experience His Presence

⁸Come and see the works of the LORD, the desolations He has brought on the earth. ⁹He 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.” ¹¹The 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."** Psalm46:1-3

2. **God's presence** provides an unlimited supply of joy, protection, security, and deliverance even in the midst of our most severe adversity. Psalm46:4-7

3. **God implores** us to come and experience His presence in our times of greatest need. Psalm46:8-11

4. God's presence **sustains us** moment by moment as we learn to trust Him. Psalm46:11

➤ **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?