

# Wednesday Night BIBLE STUDY

Wednesday, November 20, 2024 – First Baptist Church Buda  
Midweek Prayer Meeting & Bible Study

## OVERCOMERS – PART 1

“Faith Over Fear is the Victory”

*1 John 5:4-5, 2 Timothy 1:7, Matthew 14:22-33, Psalm 27*

*“<sup>4</sup> For whatever is born of God overcomes the world. And this is the victory that has overcome the world—our faith. <sup>5</sup> Who is he who overcomes the world, but he who believes that Jesus is the Son of God?” – 1 John 5:4-5 (NKJV)*

*Are you overcoming the world or is the world overcoming you?* What do I mean by that? Well, I think to really get the jest of that questions you have to do a lot of introspection (reflection), a lot of soul-searching, a lot of digging deep and taking an honest inventory of your life.

★ *What do you think are some of the signs in our life that the world may be overcoming or getting the best of you in your life?*

### SOME SIGNS THE WORLD IS GETTING THE BEST OF YOU:

(1) **Paralyzing Fear** – Paul said in Romans 8:15, “<sup>15</sup> For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, ‘Abba, Father.’” Paul is telling us that “fear” is “bondage”... it paralyzes us. It paralyzes our faith. Paul reminds us in 2 Timothy 1:7, “For God has not given us a spirit of fear, but of power and of love and of a sound mind.”

(2) **Debilitating Doubt** – James, the half-brother of Jesus, said in James 1:6-8, “<sup>6</sup> ...He who doubts is like a wave of the sea driven and tossed by the wind. <sup>7</sup> For let not that man suppose that he will receive anything from the Lord; <sup>8</sup> he is a double-minded man, unstable in all his ways.” I don’t believe that he is saying there that the Lord won’t do anything for him, but rather that he won’t receive what the Lord could do for him because of his doubts. His doubts make him double-minded in that he has a mind that has been consumed by what has

gotten the best of him and filled him with those doubts and although he expresses faith his faith is divided by his doubt and made him unstable

- (3) **Despairing Worry/Anxiety** – Matthew 6:31-34, *“<sup>31</sup> Therefore do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ <sup>32</sup> For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. <sup>33</sup> But seek first the kingdom of God and His righteousness, and all these things shall be added to you. <sup>34</sup> Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.”* Peter wrote in 1 Peter 5:7, *“Cast all your care upon Him, for He cares for you.”*
- (4) **Weakening Discouragement** – Hebrews 12:3, *“For consider Him (Jesus) who endured such hostility from sinner against Himself, lest you become weary and discouraged in your souls.”* The writer of Hebrews is telling us that discouragement is wearing or weakening to our soul, therefore we must keep your eyes on Jesus. Discouragement affects our spiritual eyesight. God spoke the Old Testament hero of the faith, Joshua, in Joshua 1:9 and said, *“Have I not commanded you? Be strong and of good courage (don’t be discouraged, be of good courage); do not be afraid, nor be dismayed, for the Lord your God is with you wherever you go.”*
- (5) **Giving in to sin and temptation** – James said in James 1:13-14, *“<sup>13</sup> Let no one say when he is tempted, ‘I am tempted by God’; for God cannot be tempted by evil, nor does He Himself tempt anyone. <sup>14</sup> But each one is tempted when he is drawn away by his own desires and enticed.”* “Drawn away” carries with it the idea of being overcome by the pull and draw of the world into temptation and sin. Paul tell us in 1 Corinthians 10:13 that we can overcome sin and temptation when he says, *“No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it.”*

There is a great old song in our hymn books titled, **“Faith is the Victory.”** You likely know the song, but perhaps you don’t know the history behind the song. In 1855, the Prince of Preachers, Charles Haddon Spurgeon, delivered a sermon on 1 John 5:4-5; he stated, *“First, the text speaks of a GREAT VICTORY—the victory of victories—the greatest of all. We know there have been great battles where nations have met in strife, and one has overcome the other, but who has read of a victory that overcame the world?”*

Thirty-six years later, in 1891, John Henry Yates took the same verse and wrote the poem **“Faith is the Victory.”** The same year, he sent it to Ira Sankey, the great

D.L. Moody's music man, and asked him to compose the music for the poem. Now, some 133 years later, the hymn remains a favorite.

John Henry Yates was born in Batavia, New York, on November 21, 1837. His parents had emigrated from England before his birth. John's father was a shoemaker and traveled as a temperance lecturer. His mother, a schoolteacher, instilled in John a love for poetry and literature.

There are three noted event that took place in John Henry Yates formative years that shaped his life... events that almost took Yates' life, giving "his parents reason for grave alarm."

(1) It was Election Day, 1844, and at the age of seven, John fell from a hotel's high set of stone steps. He fractured his skull and was unconscious for a long time. The accident left him with a broad scar as a visible reminder.

(2) When John was 10, John and his family traveled by ship and a powerful storm picked up John and threw him across the deck. He broke his leg.

(3) Then, at age 16, while working on a school play, "he accidentally fell on an open double-edged knife, piercing his right lung." His life hung in the balance for nearly three weeks.

After graduating from Batavia Union School, he worked as a sales clerk to help his aged parents. He then worked as a shoe salesman and as a manager for a hardware store. During this time, he started writing poetry at his mother's encouragement. His work was published in the Batavia newspaper, then in *Harper's Bazaar* and other national publications. His fame snowballed. While a teenager, he became a lay preacher in the Methodist church. However, he did not limit his speaking and sharing of his faith in Jesus Christ to this denomination. He took the opportunity to speak in various denominational churches throughout New York.

In 1891, Yates launched his career as a Gospel songwriter when Ira Sankey, composer and evangelistic campaign manager for D. L. Moody, asked Yates to write exclusively for him. Many of his lyrics became popular during this time. Composer Ira D. Sankey reports about writing the hymn in his book *My Life and the Story of the Gospel Hymns*.

Writers, like John Yates, write from personal experiences. One of the most trying experiences of Yates' faith occurred in 1878. There was a diphtheria epidemic outbreak. Yates' wife and two sons contracted the deadly disease, and all died within one week.

Relying upon his faith and God's promises, he moved forward. Later, Yates did remarry. He held on to the Word and that in Christ, he had victory. In **Romans 8**, the apostle Paul discusses our freedom from indwelling sin, our sonship in Christ, and God's everlasting love. In **verse 37**, Paul writes, **"Yet in all these things we are more than conquerors through Him who loved us."**

John Henry Yates passed away on **September 5, 1900**. On his tombstone are these words: **"In Memory of the Poet-Preacher Rev. John H. Bates . . . Born 1837 / Died 1900 . . . Faith is the Victory, Oh Glorious Victory, That Overcomes the World."**

John Henry Yates' beautiful poem teaches us that we are engaged in a spiritual battle day and night. We must wear our spiritual armor and be prepared for battle, and take as your battle song "Faith Is The Victory." It will help us to be overcomers of the world, rather than being overcome by the world.

### **FAITH IS THE VICTORY**

*By John H. Yates, Ira Sanky*

*(Written in 1891, Hymn #413)*

<sup>1</sup>Encamped along the hills of light, ye Christian soldiers, rise,  
And press the battle ere the night shall veil the glowing skies.  
Against the foe in vales below let all our strength be hurled;  
Faith is the victory, we know, that overcomes the world.

***Faith is the victory! Faith is the victory!  
Oh, glorious victory, that overcomes the world.***

<sup>2</sup>His banner over us is love, our sword the Word of God;  
We tread the road the saints above with shouts of triumph trod.  
By faith, they like a whirlwind's breath, swept on o'er every field;  
The faith by which they conquered death is still our shining shield.

<sup>3</sup>On every hand the foe we find drawn up in dread array;  
Let tents of ease be left behind, and onward to the fray.  
Salvation's helmet on each head, with truth all girt about,  
The earth shall tremble 'neath our tread, and echo with our shout.

<sup>4</sup>To him that overcomes the foe, white raiment shall be giv'n;  
Before the angels he shall know his name confessed in heav'n.  
Then onward from the hills of light, our hearts with love aflame,  
We'll vanquish all the hosts of night, in Jesus' conqu'ring name.

Some Question to Consider From “Faith is the Victory”:

1. *What is the first verse of this song reminding the Christian of, concerning his or her Christian life and walk? What is this verse telling us concerning the outcome of this?*
2. *What is this verse telling us helps in our winning the battle and overcoming the world? Consider the second have of that second verse... what are these words telling us concerning those who have gone before?*
3. *What is this 3<sup>rd</sup> verse warning us about concerning the enemy/foe we fight? What is the “dread array” of the foe, do you think?*
4. *What does the phrase, “Let tents of ease be left behind, and onward to the fray” mean? What do you think he is calling us to as believers?*
5. *What does the verse 5 tell us as believers concerning being overcomers?*

1 John 5:4-5, *“<sup>4</sup>For everyone born of God overcomes the world. This is the victory that has overcome the world, even our faith. <sup>5</sup> Who is it that overcomes the world? Only the one who believes that Jesus is the Son of God.”* Christians are overcomers and truly are to live victorious Christian lives every day, but let’s be honest, there are many enemies along that way that daily steal our victory and sometimes defeat us. We know the saying we may win the war, yet lose the battle. We ultimately know that we win and will be victorious in the end, but it’s the daily battles that defeat us and keep us from living the victorious and abundant life that Christ came to give us daily. This study is about finding victory in Jesus over those enemies that so often defeat it, and they can be numerous and varied.

One such enemy, again, is “fear.” Famous American essayist, lecturer and poet, **Ralph Waldo Emerson** once said, *“Fear defeats more people than any other one thing in the world.”* And I might add it defeat and paralyze the lives of many professing believer and keep them from enjoying the full benefits of their faith and the victorious Christian life that Christ died to give them. And the famous and well known American pastor/preacher, **Harry Emerson Fosdick** is famously quoted as reminding believers, *“Fear imprisons, faith liberates; fear paralyzes, faith empowers; fear disheartens, faith encourages; fear sickens, faith heals; fear makes useless, faith makes serviceable.”*

4 Acrostics for Faith:

- (1) Feeling Afraid I Trust Him
- (2) Faith Asks Impossible Things Humbly
- (3) Flouting Appearances I Trust Him
- (4) Forsaking All I Trust Him

Among all our internal jitters, none is more paralyzing than fear. So much of life is accompanied by fearful feelings. So many otherwise enjoyable and fulfilling experiences are not undertaken because the roads leading to them, as Paul Tournier puts it, are “guarded by the dragon of fear” (*The Strong and the Weak*). True, vivid words! The simple fact is... no one is ever completely rid of all fears. Our goal, therefore, is to learn how to lead victorious Christian lives through fearful times – not to think that someday we will arrive at an absolute absence of fear. Since fear is one of our constant companions, it will be helpful to learn how to maintain something of a mastery over it... how to make it work for us rather than against us... how to overcome and defeat the enemy of fear when it rears its ugly head and threatens to steal our victory and joy.

## **LAYING THE GROUND WORK FOR OVERCOMING FEAR (2 Timothy 1:7)**

I'm going to start off by posing what may seem to be a very simple question: What is fear?

### **A Definition of Fear – 2 Good Definition of Fear:**

(1) **Webster's Dictionary Definition** – Webster's dictionary defines fear this way,

*“Fear is to expect with alarm.”*

*Observation: Now, as Christians, we are supposed to have a sense of expectancy, but a person who is experiencing fear lays in wait for what seems to be an unavoidable catastrophe. I have a strange feeling that this is not the kind of expectancy God had in mind*

(2) **An Acrostic Definition** - One of my favorite definitions of fear is an acrostic definition that was given to me one time. You know what an acrostic is... it is taking assigning to each letter of the word to explain the word in some way. Here is a good acrostic definition of FEAR.

**F – False    E – Evidence    A – Appearing    R - Real**

*Observation: That acrostic definition is more true than most people realize. Statistics have proven that a vast majority of the things we fear never become reality. But, in our mind's eye, the false fears can sometimes seem more real than anything else around us.*

**God's Word on Fear** - When we are looking to determine the true nature of something, the best place to look is in God's Word. What does the Bible say about fear. What is fear really? I want you to notice what the Apostle Paul writes about fear to his young protégé in the ministry, Timothy. This is such a telling word about fear and it gives us some a good understanding about fear if we are to lay the ground word toward defeating this enemy in our lives as believers. Notice 2 Timothy 1:7;

*“For God hath not given us a spirit of fear; but of power, and of love, and of a sound mind.” - 2 Timothy 1:7 (NKJV)*

Here it is in the Amplified Bible... just listen to this;

*For God did not give us a spirit of timidity(of cowardice, of craven and cringing and fawning fear), but [He has given us a spirit] of power and of love and of a calm and well-balanced. sound mind and discipline and self-control. -2 Timothy 1:7 (AMP)*

**Some important Scriptural truths about fear based on 2 Timothy 1:7:** There are a few important points that this scripture brings up.

- (1) **Fear is a spirit** – Notice that Paul calls it “a spirit of fear.” What does he mean by that? By “spirit” of fear, he likely mean that “presence of fear” in our life at certain happening, circumstances of troubles that causes us to fear. The spirit of fear can be a powerful driving presence in our lives that hinders our ability to hold up to our calling to be overcomers.
- (2) **It is a spirit that God did not give to us** – Notice that Paul also days that “God hath not give us...” this spirit, therefore it is not of God. \*Note: I do believe that there is a type of fear (reverence) that comes from God, and I also believe that the emotion of fear is a God given emotion that can be a warning mechanism placed inside of us for protection and for learning/wisdom (see Proverbs 9:10, 10:27, 14:27, 15:33, 16:6, 19:23)
- (3) **Power, love and a sound mind are our protection from fear** – Paul mentions each of these in verse 7 of 2 Timothy 1. The word “power” reminds us that positively, God has already given us as believer all the spiritual resources we need for every trial and threat. Ephesians 3:20 says, *“<sup>20</sup> Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us.”* Divine power – effective, productive spiritual energy belongs to believers. He also mentions “love” – this kind of love centers on pleasing God and seeking others’ welfare before one’s own. And “a sound

mind” refers to a disciplined self-controlled and properly prioritized mind. This is the opposite of fear and cowardice that causes disorder and confusion. Focusing on the sovereign nature and the perfect purposes of our eternal God allows believers to control their lives with godly wisdom and confidence in every situation even those that may cause fear in our lives.

*Observation: Though we are talking about controlling emotions, fear is much more than just an emotion (just as most emotions are). Fear is a spirit, and it is a spirit that does not come from God. Fear is a spirit of torment sent out by our enemy the devil. But, we should not be surprised. The Bible says that "we are not fighting against flesh-and-blood enemies, but against evil rulers and authorities of the unseen world...and against evil spirits in the heavenly places" (Ephesians 6:12 NLT). God says that Satan only comes to "steal, and to kill, and to destroy" (John 10:10). And that is what the spirit of fear is sent out to do. Fear is, quite plainly, a spiritual attack designed, not only to steal your peace, but your destiny in Christ. As Believer's it is our responsibility to learn how to safeguard our mind against these attacks, and reclaim what God has in store for us.*

### **What Fear Can Do? (READ: Matthew 14:22-33) –**

*“<sup>22</sup> Immediately Jesus made His disciples get into the boat and go before Him to the other side, while He sent the multitudes away. <sup>23</sup> And when He had sent the multitudes away, He went up on the mountain by Himself to pray. Now when evening came, He was alone there. <sup>24</sup> But the boat was now in the middle of the sea, tossed by the waves, for the wind was contrary. <sup>25</sup> Now in the fourth watch of the night Jesus went to them, walking on the sea. <sup>26</sup> And when the disciples saw Him walking on the sea, they were troubled, saying, “It is a ghost!” And they cried out for fear. <sup>27</sup> But immediately Jesus spoke to them, saying, “Be of good cheer! It is I; do not be afraid.” <sup>28</sup> And Peter answered Him and said, “Lord, if it is You, command me to come to You on the water.” <sup>29</sup> So He said, “Come.” And when Peter had come down out of the boat, he walked on the water to go to Jesus. <sup>30</sup> But when he saw that the wind was boisterous, he was afraid; and beginning to sink he cried out, saying, “Lord, save me!” <sup>31</sup> And immediately Jesus stretched out His hand and caught him, and said to him, “O you of little faith, why did you doubt?” <sup>32</sup> And when they got into the boat, the wind ceased. <sup>33</sup> Then those who were in the boat came and worshiped Him, saying, “Truly You are the Son of God.” -Matthew 14:22-33 (NKJV)*



Fear can steal your miracle. Fear has the power to steal the miracles that God wants to do in you, and through you. An excellent example of this is what happened to Peter in Matthew 14. He was on the edge of greatness, true victory in his life but his fear stole his miracle and that of the other disciples as well.

### **5 Truths Concerning Fear from the Story of Jesus Walking on Water:**

- (1) **Fear causes us to place our focus on our circumstances and situation rather than on God** – *What were the immediate circumstances and situations that the disciple found themselves in our passage?* The waves, the winds, the storm, the possibility of drowning. *Did they have a right to be afraid?* Yes! We would be too! Remember that fear is a very real and even necessary emotion that is God given, what is not God given is “a spirit of fear” that come from the enemy that paralyzes our faith and takes our focus off of God. *Did this happen to the disciple in this situation?* Yes! *How do you know?* They saw ghosts! That didn’t come from God, but that thought was placed there from somewhere else. That leads us to the second thing fear can do...
- (2) **Fear causes us to become obsessed with what is not reality and may never be reality** – Like in this circumstance... they saw Ghosts! Remember that we said earlier statistics have proven that a vast majority of the things we fear never become reality. *What does that tell us about “fear”?* That fear is 99.9% misplaced trust!
- (3) **Fear is always (always) relieved when Jesus enters the picture** – Is that the case in this passage of Scripture? Absolutely! When Jesus stepped into the boat His words were (v.27) “Take courage! It is I. Don’t be afraid!” And Peter’s fear was so relieved that he got out of the boat in the midst of the storm and at Jesus’ bidding began to walk on water with Jesus.
- (4) **Fear is conquered only by keeping our eyes on Jesus in the midst of our circumstances and situation** – So true! It couldn’t be more true, or more graphically pictured that in our story. As long as Peter kept his focus on Jesus his fears were conquered. When he took his eyes off of Jesus his fears returned.
- (5) **Fear will drown your faith** –

### **AN OVERALL GLANCE AT DEFEATING FEAR (Psalm 27)**

**(READ: Psalm 27)**

*<sup>1</sup>The Lord is my light and my salvation; whom shall I fear? The Lord is the strength of my life; of whom shall I be afraid? <sup>2</sup>When the wicked came against me to eat up my flesh, my enemies and foes, they stumbled and fell. <sup>3</sup>Though an army may encamp against me, my heart shall not fear; though war may rise against me, in this I will be confident. <sup>4</sup>One thing I have desired of the Lord, that will I seek:*

hat I may dwell in the house of the Lord all the days of my life, to behold the beauty of the Lord, and to inquire in His temple. <sup>5</sup> For in the time of trouble He shall hide me in His pavilion; in the secret place of His tabernacle He shall hide me; He shall set me high upon a rock. <sup>6</sup> And now my head shall be lifted up above my enemies all around me; therefore I will offer sacrifices of joy in His tabernacle; I will sing, yes, I will sing praises to the Lord. <sup>7</sup> Hear, O Lord, when I cry with my voice! Have mercy also upon me, and answer me. <sup>8</sup> When You said, 'Seek My face,' my heart said to You, 'Your face, Lord, I will seek.' <sup>9</sup> Do not hide Your face from me; do not turn Your servant away in anger; You have been my help; do not leave me nor forsake me, O God of my salvation. <sup>10</sup> When my father and my mother forsake me, then the Lord will take care of me. <sup>11</sup> Teach me Your way, O Lord, and lead me in a smooth path, because of my enemies. <sup>12</sup> Do not deliver me to the will of my adversaries; for false witnesses have risen against me, and such as breathe out violence. <sup>13</sup> I would have lost heart, unless I had believed that I would see the goodness of the Lord in the land of the living. <sup>14</sup> Wait on the Lord; be of good courage, and He shall strengthen your heart; wait, I say, on the Lord!" -Psalm 27 (NKJV)

Psalm 27 was apparently composed by David prior to his anointing (installation) as Israel's king. This anointing was different from the one performed by Samuel in David's father's presence. For some time Israel's monarch, Saul, had targeted his jealous hatred toward his faithful subject, David. His attacks were savage and perilous, designed to injury – even death. David had every human reason to be afraid.

### **Scope of the Psalmist – 2 Subjects of Psalm 27:**

David's thoughts traveled along two subjects. We could call this psalm a song of contrasts:

- (1) **Faith** (vv.1-6) – The first half of the psalm reflects David's faith in the face of great challenges... challenges that could cause him to have great fear. Reminders such as "*The Lord is my light and my salvation – whom shall I fear? The Lord is the stronghold of my life – of whom shall I be afraid?*" (v.1) are a reflection of David's faith in the face of his fears. It is almost as if David is reminding himself, while afraid, why he shouldn't be.
- (2) **Fear** (vv.7-14) – Obviously from this psalm we can see that David was in trouble. He speaks of adversaries, enemies, evil men who wish to devour his flesh and attack him, and war against him, and the toughest part is that David was not imagining this terrifying scene... it was a reality for his life. Perils were all around him. He walked on the edge of danger for much of his life and

faced very really fears. Some fears may be imaginary, but these were not and many of ours are not either. The reality is there are many, many things in this life to fear and be afraid of... very real and frightening circumstances and situations.

### **Outline of Psalm 27:**

- (1) **Statement of Truth and theme of the song (v.1)** – The phrase, “... whom shall I fear...” and “of whom shall I be afraid?” in verse 1 is the key to understanding the psalm.
- (2) **Declaration of trust (vv.2-6)**
- (3) **Prayer for strength (vv.7-13)**
- (4) **Conclusion: Wait! (v.14)**

## **AN INTERNAL ANALYSIS OF FEAR**

### **Statement of Truth – 2 Statements of Truth:**

*“The Lord is my light and my salvation – whom shall I fear? The Lord is the stronghold of my life – of whom shall I be afraid?”*

- (1) **Truth Statement of our Strength** – David mentions light, salvation, and stronghold – note that David didn’t say that the Lord provided these benefits, but that He Himself was those very things – at all times. The understanding of this is critical.
- (2) **Truth Statement of our Fear** - Observe that each phrase is trailed by a probing question, “... whom shall I fear?” “... of whom shall I be afraid?” Though these appear similar, each is actually quite different and he speaks of the reality of fears we face in this life. Note that David does not deny the presence of fear or fears, but he identifies them and calls them by name

### **2 Types of Fears:**

1. **Fears of Life** - The term “fear” is used in David’s first question in it’s normal, everyday sense – “a feeling of anxiety, agitation caused by the nearness or presence of danger or pain.” Hence fears of life.
2. **Fears of Man and Circumstances** - On the other hand, the term “afraid” means “to be in awe... intimidated by someone (people) or something (circumstances).”

**Declaration of Trust (vv.2-6)** – David’s conflict was intense. He was alone. Saul’s army was against him solely. He spoke of the intimidating forces in such terms as “evil men” out to “devour my flesh” and as “enemies” in verse. 2. In verse

3 he refers to them as a “army” besieging him.” They were an ever-present source of threat. Looking ahead to verse 10 we see that even his parents had forsaken him. He was rejected on all fronts – except by God. However David’s reaction is worth noting in the second half of **verse 3, “... though war break out against me, even then will I be confident.”** Verses 4-6 describe his mindset of security – the single source of that security was his Lord. David’s life wasn’t polluted with deceptive techniques and clever reactions. Invariably, when intimidated we are more conscious of the person or event “shouting” the threats than we are of the Lord. Not so with David.

### **David’s single source of security and trust was the Lord!**

**Prayer for Support (vv.7-13)** – At certain times, subjects are not enhanced by technical analysis or verse-by-verse dissection. In these verses we observe David requesting God’s support. His prayer wasn’t complicated, loaded down with religious words and clichés. He used everyday words which revealed a heart fully given to prayer. The verse alone reveal this...

- **“Hear... be merciful... answer me” (v.7)**
- **“Do not hide...turn... reject... or forsake me” (v.9)**
- **“Teach me... lead me” (v.11)**
- **Do not turn me over to... my foes” (v.12)**

David expressed bold, unrestrained fervency in his communication to God, but we often act in powerless fashion. We need to catch a bit more of David’s heart.

**Conclusion: Wait! (v.14)** – At this point we come full-circle in this series – “Growing Pains.” The first study was entitled “Growing though Waiting.” Now David comes back to a quiet stance in his own situation. All the activity he could generate couldn’t solve his problem with Saul. So he said to himself (and says to us also), **“Wait for the Lord; be strong and take heart and wait for the Lord” (v.14).**

### **PRACTICAL RESPONSES TO FEAR**

Fear is extremely common. There are phobias of all sorts which try to clutch our minds. They can be relentless. So, what can we do to ward them off, or handle them successfully when they war against us?

**Practical Steps For Dealing With Fear: (Psalm 27)**

1. **As they occur... admit them (v.1)** – Identify and openly call them by name (v.1) Do this... identify our fear right now. What is it that you fear? Identify it and openly call it by name.
2. **If they grow... commit them (v.7)** – Commit it to the Lord! The Lord awaits this, so give it to Him.
3. **As you pray... release them (v.11)** – As you commit it to the Lord this should lead to release. Are you feeling freed from it?
4. **As you release them... resist them (v.13)** – What can you do to resist the fear's return? Think through this very carefully. It will bring future victory.
5. **As you resist them... be strong** – Reread Psalm 27 and ask God for strength in this area of your life. Claim Ephesians 6:10 and following and ***“Stand strong in the Lord and the power of His might.”***, then get fully clothed in the armor of God as you battle the things you fear.