

Harbour Shores Church, Sunday morning, September 1, 2013

## MAKING FEAR DISAPPEAR

Psalm 91:5-6

***“You shall not fear the terror of the night, nor the arrow that flies by day, nor the pestilence that stalks in darkness, nor the destruction that wastes at noonday.”***

Psalm 91 is about living fearlessly and tells us how to deal with our fears. How do we do that?

### I. WE MUST \_\_\_\_\_ OUR FEARS

Notice the fears that the Psalm writer talks about in Psalm 91: “snare” v.3; “deadly pestilence” v. 3 & 6; “terror of night” v.5; “arrows” v.5; “destruction” v.6; “evil” v.10; “plague” v. 10; “lion” v. 13; “adder” v.13.; “serpent” v. 13. The writer puts the fears into two categories:

**A. Dangers That Are Readily Seen.** What are the obvious fears in Psalm 91? They are: “pestilence” v. 3; “plagues” v. 10; “destruction” v. 6; “evil” v. 10; “lions” v.13.

**B. Dangers That Are Rarely Seen.** They are: “snares” v. 3, “terrors by night” v. 5; “arrows” v. 5; disasters, v.6; “adders” v. 13; “serpents” v. 13.

The spirit of fear comes from one of 3 directions: from God, from the Devil, or from humans including oneself. We can rule out one source very quickly – “For God has not given us a spirit of fear and timidity, but of power, love and self-control.” (2 Timothy 1:7)

### II. WE MUST \_\_\_\_\_ OUR FEARS

Our fears attack us or we attack them! Look at Psalm 91:14-16 ***“Because he holds fast to me in love, I will deliver him; I will protect him, because he knows my name. When he calls to me, I will answer him; I will be with him in trouble; I will rescue him and honor him. With long life I will satisfy him and show him my salvation.”***

How do we overcome a fear attack?

- 1) **Claim God’s promise!** “*I will deliver him....*”
- 2) **Concentrate on God’s protection!** “*I will protect him....*”
- 3) **Call upon God in prayer!** “*I will answer him....*”
- 4) **Count on God’s presence!** “*I will be with him in trouble.....*”
- 5) **Consider God’s power!** “*I will rescue him....*”
- 6) **Celebrate God’s provision!** “*I will satisfy him and show him my salvation.”*

### III. WE MUST BE \_\_\_\_\_ AGAINST FEARS

Psalm 91:1-2 *"He who dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the LORD, "He is my refuge and my fortress, my God, in whom I trust."*

How to live free from sinful fear:

**A. I Will Dwell in Him, my Shelter.**

*"He who dwells in the shelter of the Most High...."*

**B. I Will Rest in Him, my Security.**

*"rest in the shadow of the Almighty."*

**C. I Will Trust in Him, my Salvation.**

*"He is my refuge and my fortress, my God, in whom I trust."*

### CONCLUSION

What Have We Learned About Fearless Living?

**1. Admit it when you have fears.**

*"What time I am afraid, I will trust in the Lord." (Ps. 56:3)*

**2. Submit your fears to God.**

*"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." (Rom. 8:15)*

**3. Commit yourself to God's care.** Isaiah 43:1-5

*"Thus says the LORD, he who created you ..... "Fear not, for I have redeemed you; I have called you by name, you are mine. When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you. For I am the LORD your God, the Holy One of Israel, your Savior ..... Because you are precious in my eyes, and honored, and I love you ..... Fear not, for I am with you."*

What is your greatest fear, anxiety or concern today? The future? Your Family? Finances? Health? Death? God's people in the past have faced them all. We, too, can face our fears in faith, by turning our faces to the face of God.

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**"Fear knocked on the door, faith answered!"**