

# SEASONS OF LIFE

A PSALM FOR EVERY SITUATION

## Overcoming Our Fears Psalm 56

February 16, 2025

### Introduction:

- What are you afraid of?
- David's fear
  - 1 Samuel 21:10-15
  - Psalm 56:1-4

*To Overcome Our Fears . . .*

### I. We Must \_\_\_\_\_ Our Fears, v. 3a

- The "uns" of life
- What God thinks of our fear – Joshua 1:9
- David's fear answer – Psalm 56:4

### II. We Must \_\_\_\_\_ Our Fears, v. 4

- Rewriting the verse, "When I am afraid, I will . . ."
- How do we trust God when afraid?
  1. Focus on the \_\_\_\_\_ of God – Psalm 56:8
  2. Focus on the \_\_\_\_\_ of God – Psalm 56: 3, 10

### Conclusion:

- Choosing to exchange our fear
  - Exodus 14:10
  - Exodus 14:31