

REAL LIFE EMOTIONS

Shaking Off Fear // Psalm 91:1-6,9-16

THE POINT: God will take care of us no matter what we face.

THE BIBLE MEETS LIFE

Fear takes many forms. What looms before us may or may not be a legitimate concern, but the fear we feel is real. If unchecked, it can paralyze us or lead us to act irrationally. Thankfully, we do not face our fears alone. Psalm 91 gives us strong assurance that, whenever fear strikes, we can rest in God's power and protection.

► **What's your biggest fear?**

PSALM 91:1-6

We don't know who wrote this psalm or what threats he faced, but he was not afraid because he had a strong trust in God. This trust was grounded in the character of God, and the psalmist used three different names for God that reflect His character.

- **The Most High (El Elyon):** The Hebrew word captures the absolute supremacy of God. As the One who is over and above all, He is all-powerful and omnipotent (Ps. 18:13) and never changing (Ps. 21:7).
- **The Almighty (El Shaddai):** The Hebrew word focuses on the power of God. He is omnipotent and nothing is too big or beyond His ability.
- **The LORD (Yahweh):** This is the name by which God revealed Himself to Moses and the children of Israel, usually translated "I Am." This is the name associated with God's covenant with His people and points to the personal relationship we have with Him (Ex. 3:13-15).

► **What things tempt you to be afraid?**

► **Where do people often turn when they're afraid?**

PSALM 91:9-13

Just as we trust God's power when fear rises up, we also can trust His protection. As we live in relationship with Him, He protects us. Many people take comfort knowing that God provides spiritual protection for His people. However, we must make sure that our emphasis is never on angels instead of Jesus. What's much more important than angels' looking out for us is that Jesus provided the ultimate protection from sin's consequences. Further, we should be continually encouraged because the Holy Spirit dwells in us.

► **What steps must we take to make the Lord our dwelling place?**

► **How can our attitudes and actions express our trust in God's protection?**

PSALM 91:14-16

The psalmist trusted God for protection, and God answered his request. But He also gave him so much more—honor, a long life, and salvation. The psalmist honored God by trusting Him in the face of fear, and in turn, God honored him. The psalmist asked God to save his life. God did that and also blessed him with a long life and salvation! But here's a question. What if we don't get rescued? Even though we trust God, sometimes the thing we fear most happens anyway. God doesn't tell us how or when He will rescue us from what we face. He only assures us that He will deliver. When we face difficult circumstances, we can take comfort in the fact that Jesus also went through difficult things, and He understands. Further, God uses these difficulties to make us more like Jesus. And even if God doesn't save us from the things we fear in this life, we can know that we are eternally safe in Christ.

► **What does it mean to set our hearts on God?**

► **How can we set our hearts on God when we're afraid?**



LIVE IT OUT

Unit 1 // Session 2

> CHRIST

> Make a list of the things that scare you. Beside each of those fears, note why trusting God will help you to overcome that fear.

> Challenge yourself to memorize 2 Timothy 1:7 this week.

“For God has not given us a spirit of fear, but one of power, love, and sound judgment.”

> COMMUNITY

God has called the church to serve one another.

> What fears are you dealing with right now? Set up a time to talk with someone you trust about dealing with this fear.

> Who do you know that is afraid? Send them a note of encouragement, or sit down together to help them work through their fear.

> CULTURE

Many people in the world live in fear—fears related to schoolwork and tests, fears concerning friends and social situations, fears about their parents separating, and so much more.

> How can you demonstrate that Jesus helps us to overcome our fears?

> How will you use this as an opportunity to share the gospel?