

HOPE AND TRUST OVER **FEAR AND ANGST**

LESSON 1 - 'THE LORD IS, SO I SHALL'



HOPE AND TRUST OVER FEAR AND ANGST


PSALM 27

- **“Everything Will be Alright”**
- **How does Biblical Trust and Hope mitigate the Fear, Anxiety, Despondency and Apprehensions of life.**
- **The most frequent phrase in Scripture - *“Do not fear.”***
- **The 27th Psalm has much Doctrine, Inspiration and Therapy to help us Hope and Trust.**

LESSON 1:

“GOD IS, SO I SHALL”

- **Psalm 27:1-3**
- **Practical Theology is Key to fearless victorious living.**
- **What you know about God is crucial in moments of high anxiety.**
- **A Psalm of David, the Bible book definition of the worshipping warrior king.**



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I. The LORD Is!

- Fearless and Victorious living is dependent on knowing who God is!
- The Tetragrammaton - indicates the most definitive name of God, Yahweh or Jehovah.
- The name revealed to Moses in Ex. 3 - “I Am!”
***#Aseity #Eternal #Immutable #Truthful
#Faithful #Immanence***
- In a time of crisis to a fearful deliverer, God says I Am!



II. My Light, Salvation and Strength

- Light to push back our darkness.
- Salvation to alleviate our lostness.
- Strength to remedy our weakness.
- King David can say MY because of a personal, pursued, covenant relationship.
- God's consistency gives David confidence.



III. Whom Shall I Fear?

- “Whom shall I fear” and “of whom shall I be afraid,” are rhetorical statements that highlight the attributes of God.
- “My heart will not fear” and “In this I will be confident,” are defiant or determinant declarations.
- Fear is a natural, realistic result of uncertainty or threat. #noshame



III. Whom Shall I Fear?

- Victorious, courageous, resolute, trusting and confident are terms of character not genetics.
- The decision to be courageous suggest the option of caving.
- Decisions are made by reasoning, counsel, weighing evidence, playing out scenarios, prayer, and wisdom. **#notdisney**
- Don't fear being afraid in crisis or uncertainty. Be reasonable and considerate about God's character and actions. **#biblicaltrust**

SCRIPTURAL THERAPY

- Fear and Angst will rise in crisis or threat. ***Don't trip.***
- Trust and Hope will rise when God is remembered and respected. ***Be Diligent!***
- Knowing who God is and what God does comes from biblical study and Godly counsel. ***Get in that Book!***
- Everything that God is Jesus is! ***Get connected!***