



# THE FEAR FACTOR

## Psalm 27

Message Notes by Dr. Mark Platt

Everybody deals with fear. There are psychologically based phobias, anxieties, and post-traumatic stress that are the result of terrible life events. Then, in this post 9/11 world, there are many more things to fear now. There is chaos everywhere. Meanwhile, we still deal with the challenges of life, marriage, and daily living in our post-modern world.

Psalm 27 is written by David, who spent his life as a shepherd, a soldier, and a political leader. He experienced some harrowing experiences that shook him to the core. David lived most of his life in fear. When God inspired David to write Psalm 27, David was an older man who had learned how to handle “the fear factor.”

What are the antidotes for fear? Under the inspiration of the Holy Spirit and from his own experience, David gives you **four remedies** that for the fear factor in your life.

### I. You Need **FAITH** to Quiet Your Fears

(verses 1-3)

1. Make God your source                    *“my light”*
2. Make God your escape                *“my salvation”*
3. Make God your security               *“my stronghold”*

### II. You Need **WORSHIP** to Quiet Your Fears

(verses 4-6)

1. Worship God by your lifestyle       *“dwell in the house of the LORD”*
2. Worship God by your praise           *“gaze upon the beauty of the LORD”*
3. Worship God by your priorities       *“seek Him in His temple”*
4. Worship God by your giving           *“sacrifice with shouts of joy”*
5. Worship God by your singing         *“sing and make music to the LORD”*

### III. You Need **PRAAYER** to Quiet Your Fears

(verses 7-10)

1. Pray by calling on God                *“call”*
2. Pray by seeking God                   *“seek His face!”*

#### IV. You Need SUBMISSION to Quiet Your Fears (verses 11-14)

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|-----------------------------|-------------------------------------|
| 1. <u>Learning</u> from God | <i>“Teach me your way, O LORD”</i>  |
| 2. <u>Following</u> God     | <i>“lead me in a straight path”</i> |
| 3. <u>Hoping</u> in God     | <i>“Wait for the LORD”</i>          |

#### **Your Response:**

1. What are you most afraid of? What are the things that have you worried? List the top ten on a blank sheet of paper. Now pray, asking God to take away your fears and to get you faith to trust Him for each of these concerns. In your prayer, thank and praise God for all the certainties that Psalm 27 gives you.
2. What are the things in life that you value most? If you lost them, would your faith survive? How would you cope if you lost them? Ask God to show you what priorities need to be eliminated. Ask God to lead you deeper into faith, worship, prayer, and submission His will.
3. If you have never asked God to take over your life, why not bow your head and make the decision to let Him lead your life from now on? This decision will give you the power to handle the fear factor and give you eternal life.
4. Read Psalms 37, 40, 121, Isaiah 43:1-5, 59:1. What are the promises of these verses? Summarize these verses as a list on some 3 X 5 cards and keep them in you wallet or purse. Take them out when you feel afraid.
5. Memorize Psalm 27:1-3. Then, the next time, when your fears begin to spin around, you repeat these verses in your mind.

#### **Resources:**

Psalms by Elmer Leslie  
Exposition of Psalms by H.C. Leupold  
Psalms (2 volumes) by Derek Kidner  
Fearless: Imagine Your Life Without Fear by Max Lucado  
The Treasury of David (3 volumes) by Charles H. Spurgeon  
Know Fear: Facing Life's Six Most Common Phobias by: Ed Young Jr.