

# Fight or Flight or Faith: Hope for the Fearful Heart

## Today's Text – 1 Samuel 18-20, Psalm 59

*He will call out to me, "You are my Father, my God, the Rock my Savior" (Psalm 89:26)*

- \_\_\_\_\_ your fears (1 Samuel 18)

*The first step toward overcoming your fears is to locate them—and to locate a lot of them. The attractiveness of God's words to you depends on it. If you can't see your fears and worries, then God's words of comfort won't go deep. – Ed Welch*

What are you afraid of?

- Take your fears \_\_\_\_\_ (1 Samuel 19)

*Fear and worry are reminders. Better yet, they are opportunities. They are a string around your finger reminding you that you can trust the Creator God who hears, cares, and acts. They are opportunities to know God better. – Ed Welch*

Before fear takes you to its house, take fear to the Lord's house!

- \_\_\_\_\_ and \_\_\_\_\_ in the fortress (1 Samuel 20 & Psalm 59)
  - Look for the Lord – His promises and his purpose
  - Look for others
  - Worship your way through the night

*You are my strength, I watch for you. You, God, are my fortress. My God in His faithful love will meet me. – Psalm 59:9-10*

When I am afraid, I will trust in \_\_\_\_\_

Psalm 56:3

## For Further Action and Reflection:

- Plan to join us for worship this Wednesday night from 6:45-8:00
- Meditate on Psalm 59. See also Psalms 3, 27, 56, and Philippians 4:4-13.
- Read *When I Am Afraid* by Ed Welch
- Learn from the sessions (free downloads!) at this year's CCEF Conference on Anxiety and the God of Peace - <https://www.ccef.org/conference/2019-national-conference/>
- Listen to "Fear is a Liar" by Zach Williams - <https://www.youtube.com/watch?v=1srs1YoTVzs>
- Watch "Overcoming Anxiety" by Tony Evans - [https://www.youtube.com/watch?v=tvu\\_QkaFNiU](https://www.youtube.com/watch?v=tvu_QkaFNiU)

## Questions for Reflection:

1. What stood out to you most from the message?
2. What differences do you observe in 1 Samuel 18-20 between the responses of Saul and David to the circumstances of life?
3. So, what are you afraid of? What specific fears can you locate in your heart? (What might your behaviors in life indicate about fears in your heart?)
4. Share about a time in your life when you began to be ruled by a fear of something other than the Lord. How did God help you during this time?
5. Do you tend to draw closer or further away from others during times of trouble? Why?
6. What fears would you need to overcome in order to draw closer to others? How might you benefit from risking closeness with others?
7. What stood out to you the most in David and Jonathan's friendship? How can you be the kind of friend that someone else wants to draw close to – a friend like Jonathan?
8. Read Psalm 59 together. God is revealed as Almighty, Strength, Fortress, Shield, and Refuge. Of these pictures of God, which is most meaningful and relevant to you right now and why?
9. What promises do you see from God in Psalm 59? How might you apply one specific promise to your life in this season right now?
10. Read Psalm 56:3. What would it look like for you to "trust in Him" when you are afraid in this season of life? What would someone else see you doing if they saw you "trusting in the Lord"?