



## ***Session 1 Say “No to Fear” and “Yes to God”***

### **I. CONFIDENCE IN GOD - PSALM 27:1-6**

*1 The Lord is my light and my salvation;  
Whom shall I fear?*

*The Lord is the strength of my life;  
Of whom shall I be afraid?*

*2 When the wicked came against me to eat<sup>u</sup> up my flesh,  
My enemies and foes, they stumbled and fell.*

*3 Though an army may encamp against me,  
My heart shall not fear;*

*Though war may rise against me,  
In this I will be confident.*

*4 One thing I have desired of the Lord,  
That will I seek:  
That I may dwell in the house of the Lord  
All the days of my life,  
To behold the <sup>u</sup>beauty of the Lord,  
And to inquire in His temple.*

*5 For in the time of trouble  
He shall hide me in His pavilion;  
In the secret place of His tabernacle  
He shall hide me;  
He shall set me high upon a rock.*

*6 And now my head shall be <sup>u</sup>lifted up above my enemies all around me;  
Therefore I will offer sacrifices of <sup>u</sup>joy in His tabernacle;  
I will sing, yes, I will sing praises to the Lord.*

### **II. WHERE DOES FEAR COME FROM?**

- A. The most repeated command spoken by God to His children throughout the Bible from Genesis to Revelation is “Do not be afraid!” - “Do not fear!”.
- B. God commands us not to fear, because fear is not God’s will or His way for your life. The good plans God has for you and your loved ones is that you are so secured in His love that you live fearless in this world.
- C. If fear is not God’s plan for your life, where did it come from?
  - 1. Fear does not come from God, because God is love. (1 John 4:16) Fear and love are the exact opposites. They cannot coexist with one another.

**1 John 4:18** *There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love.*

2. Because God is love, He can't give you a spirit of fear.

**2 Timothy 1:7** *For God has not given us a spirit of fear, but of power and of love and of a sound mind.*

**Romans 8:15** *For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, "Abba, Father."*

- D. Adam and Eve were created in God's own likeness and image, which means He gave them His very own nature – the nature of love. When they were created, fear had absolutely no place in their hearts or lives.
- E. However, the lives of Adam and Eve were drastically changed, when they came into agreement with satan's fear provoking suggestions, his lies, which contradicted the Truth about who God is and who God had created them to be.
- F. When they chose the "fear-filled" words of satan over and above the "love-filled" Words of God, fear began to consume Adam and Eve's thoughts and actions.
- G. When you realize that the root cause of every fear is a lie, you will be able to apply the antidote to fear, which is God's Truth.
- H. Who gave mankind the spirit of fear? satan. Therefore, you need to resist fear like you would resist satan himself.

### III. SEEK GOD'S FACE – ABIDE IN JESUS, IN HIS LOVE

- A. Ever since Adam and Eve's sin, God has been on a quest to restore mankind back to Himself – back to having face-to-face encounters with Him, just like He had in the garden of Eden with Adam and Eve. Thus, you can hear the primary cry of God's heart for mankind, for you and I, being expressed in Psalm 27 as He spoke to David these words, "Seek My face." "Seek My face" is God's answer to every fear you have. (Ps. 27:8) God described King David, as being a man after God's own heart (1 Samuel 13:14). We understand this by David's response to God's heart cry, "Your face, Lord, I will seek." Psalm 27:8
- B. You can hear David commitment to God's heart cry in Psalm 27:4.
- Psalm 27:4** *One thing I have desired of the Lord, that will I seek: that I may dwell in the house of the Lord all the days of my life, to behold the beauty of the Lord, and to inquire in His temple.*
- C. Who is knocking at your door? Who are you letting in?
- Revelation 3:20** (Jesus said) *Behold, I stand at the door and knock. If anyone hears My voice and opens the door, I will come in to him and dine with him, and he with Me.*

- D. As a New Covenant believer you are in a better position than King David, because you have the promised Messiah and the Holy Spirit abiding in you. (Col. 2:9; Rom. 8:9-10)
- E. While David desired to “dwell in the house of the Lord”, you have become the dwelling place of God (1 Cor. 3:16 ; 1 Cor. 6:19-20) and have been given the privilege of dwelling/abiding in God.  
*John 15:4* (Jesus said) *Abide in Me, and I in you... 9 Abide in My love.*
- F. Through Jesus Christ’s work of the cross, God made a way for mankind, for you and I, to be reunited with God our Father and the fulness of His perfect love, where fear has no place.  
*Col. 1:13-14 He has delivered us from the power of darkness and conveyed us into the kingdom of the Son of His love, in whom we have redemption through His blood, the forgiveness of sins.*
- G. Because of the power of Jesus’ blood, you have been granted access to have face-to-face encounters with God – to have an intimate relationship with God.  
*Hebrews 4:16 Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.*

#### IV. WHY DOES GOD SAY “DO NOT BE AFRAID”?

- A. Why does God say, “Do not be afraid”?  
Because God knows that satan’s greatest weapon against you is his fear-filled suggestions, his lies. Satan is “a liar and the father of lies.” (John 8:44) He uses his fear-filled lies to undermine and destroy your faith in God.
- B. While the mode of operation within God’s kingdom of light is love, the mode of operation in satan’s kingdom of darkness is fear. Satan knows that the only way he can block God’s plans for your life is by injecting his fear based lies into your thought life and having you believe them.
- C. In the Bible you can see the devastating results of fear, as God’s people partnered with satan’s fear-based tactics rather than with God’s love. One of the most devastating effects is that it hinders your relationship with God, preventing you from entering into your God-given destiny.
- D. You have a choice of partnering with the fear-filled suggestions of satan or the love- filled words of God.

#### V. TAKE GOD’S MEDICINE – PSALM 27

- A. Whenever a situation in your life seems to be crying out day and night, attempting to overtake you with its fear- based lies, knocking at the door of your heart or having barged its way already in your life, you need to take Psalm 27 like you would take a life-saving medication. Take Psalm 27:1- 3.
1. Make a quality decision right now and declare: When \_\_\_\_\_ occurs I will not fear!
  2. Fill in the blank with what is trying to cause or has caused fear in your life.

*Psalm 27:1- 3*

*1 The Lord is my light and my salvation; Whom shall I fear?  
The Lord is the strength of my life; Of whom shall I be afraid?*

*2 When the wicked came against me to eat<sup>[a]</sup> up my flesh,  
My enemies and foes, they stumbled and fell.*

*3 Though army may encamp against me,  
My heart shall not fear.*

- B. Follow it up by a continuous infusion of God's medicine. Take Psalm 27:3,4.

*Psalm 27:3b (CEV) ....war may break out, but I will trust You.*

*Psalm 27:3b (GNT) ... even if enemies attack me, I will still trust God.*

*Psalm 27:3 (NKJV) ... In this (God), I will be confident.*

*Psalm 27:4 ... I will dwell in the house of the Lord...to behold...to inquire.*

- C. When the "what if's" begin to bombard your mind and your natural reasoning can't figure out how things are going to turn out, take three full doses or as often as you need it of God's life-saving medicine. Take Psalm 27:5-6

*Psalm 27:5-6*

*5 For in the time of trouble He shall hide me in His pavilion;  
In the secret place of His tabernacle He shall hide me;  
He shall set me high upon a rock.*

*6 And now my head shall be <sup>[c]</sup>lifted up above my enemies all around me.*

- D. As you allow Psalm 27 to penetrate the depths of your heart, you will discover God's medicine healing all kinds of fear – past, present, and future. As a result you will find yourself, just like King David did throughout His life, rejoicing and singing in the midst of your troubles. Do Psalm 27:6.

*Psalm 27:6b Therefore I will offer sacrifices of joy in His tabernacle;  
I will sing, yes, I will sing praises to the Lord.*

## VI. MAKE 3 QUALITY DECISIONS

- A. What is God's Holy Spirit solution to overcoming fear? Take a look at what David said he will or will not do in Psalm 27:1-6?

#1 I will not fear! I will not be afraid! Psalm 27:1,3

#2 I will trust (be confident) in God and dwell in His presence! Psalm 27:3,4

#3 I will offer sacrifices of joy! I will sing praises! Psalm 27:6

- B. How did David end up making such quality decisions in the heat of the battle?
1. Because David truly knew God. David actually had a close personal relationship with God. Therefore, as Psalm 1 opens David uses the personal pronoun "my" to describe Who God was for him.
  2. When you understand that King David truly knew God, you can understand why he made such bold confident declarations in the midst of such intense fear provoking situations as described in the 2<sup>nd</sup> and 3<sup>rd</sup> verses of this Psalm.
  3. Moreover, you can understand why David said what he did in Psalm 27:4.
- C. Although King David was not confronting the same things you are going through in this day and age, God's solution is ageless! You need to know God personally and to abide in the reality of His love for you as revealed in the face of Jesus Christ. 1 John 4:15-16

## VII. SAY "YES" TO GOD – TO WHO HE IS FOR YOU

*Psalm 107:20 Let the redeemed of the Lord say so...*

*Psalm 27:1 The Lord is my light...my salvation...the strength of my life...*

- A. **"The Lord is my light"**. When you follow the Light of Jesus Christ, you won't walk in darkness – in the fears of this world.

*John 8:12 Then Jesus spoke to them again, saying, "I am the light of the world. He who follows Me shall not walk in darkness, but have the light of life."*

1. Jesus, the Word of God, gives light. When things are dark like in the world today, you need the Light of Christ, the Word of God, so you can see and not stumble in the darkness.

*Psalm 119:105 Your word is a lamp to my feet and a light to my path.*

*Psalm 119:130 The entrance of Your words gives light; it gives understanding to the simple.*

2. The light of God's Word helps you to see from a higher perspective – to see through the "rose colored glasses" – what Jesus blood has done for you.

*Psalm 27:6a He shall set me high upon a rock (the rock of Jesus Christ) and now my head shall be lifted up above my enemies all around me.*

- B. **"The Lord is my salvation."** The word "salvation" comes from the Hebrew word "yesha," which also can be translated deliverance, rescue, safety, welfare. Jesus (Yeshua) is the man of "yesha".

In the first 6 verses of Psalm 27 how does God show His salvation to David?

1. David's had already been completely **delivered** from his enemies that came to "eat up his flesh." Ps. 27:4
2. David was **safe** in the "secret place" where God hid him from his enemies. Psalm 27:5
3. David knew that God would **rescue** him even when an army or war would rise against him. Psalm 27:3

4. Because you are hidden with Christ in God (Col.3:3), you can declare: "I am safe. I am secure. I am protected. God will rescue me; God will deliver me; God will set me on high."

C. **"The Lord is my strength."** Because the Holy Spirit, the power source, abides in you, you are no longer powerless against fear. God has delivered you from the power of darkness. (Col. 1:13)

## VIII. JOY AND SINGING PRAISES

**Psalm 27:6b** *Therefore I will offer sacrifices of joy in His tabernacle; I will sing, yes, I will sing praises to the Lord.*

A. Make a quality decision that you will stop acting like you don't know Who God is and what Jesus has already done and that you will start singing and praising God.

B. "Whom Shall I Fear – Psalm 27" by Wes Gorospe, Songs of Scripture Ministry

One thing have I desired of the Lord, one...thing will I seek  
That I may dwell in the house of the Lord, all the days of my life  
To behold the beauty of the Lord, to behold the beauty of the Lord.

The Lord is my light, and my salvation  
Whom shall I fear, whom shall I fear  
The Lord is the strength of my life  
Whom shall I fear, whom shall I fear

When you said to me, "seek My face"  
My heart said to You, Your face, Lord, I will seek"  
When You said to me "seek My face"  
My heart said to you, "Your face, Lord, I will seek"