

Session 3 God's Antidote to Fear

I. FEAR'S FACE AND VOICE

A. Fear has a face and fear has a voice, even though it disguises itself as many different faces and many different voices. Each and every face of fear and voice of fear that presents itself to you and to the world around you originates from one source. And, it is only when you truly understand the very source of every fear that is trying to control and have dominion over your life and those around you, that you will ardently desire like never before to apply God's antidote to fear, as revealed by Psalm 27.

B. Where did the face and the voice of fear first appear in the history of mankind? It appeared way back in the Garden of Eden at the beginning of the human race and it spoke into Adam and Eve's heart.

God commanded Adam:

Genesis 2:17 "Of every tree of the garden you may freely eat; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall surely die."

The serpent said to Eve:

Genesis 3:4 "You will not surely die. For God knows that in the day you eat of it your eyes will be opened, and you will be like God, knowing good and evil."

C. Fear provoked Adam and Eve to question God's Word. Did God really tell them the truth about the tree of the knowledge of good and evil? Or, was satan telling them the truth? Who should they trust? Definitions of doubt: to question, to fill with fear, to distrust

D. Fear is satan's greatest secret weapon that he relentlessly uses 24/7 to gain entrance into the door of your heart. His conniving heightened fear tactics are used to undermine your faith in God, by spewing his venomous lies into your heart and mind. satan's end goal is for you to worship and serve him and not God.

Matthew 4:10 Then Jesus said to him, "Away with you, Satan! For it is written, You shall worship the Lord your God, and Him only you shall serve."

II. FEAR IS A CHOICE

A. Risks and dangers are real, but fear is a choice.

B. Fear beckoned Adam and Eve to disregard God's Word, God's voice, and to pay attention to satan's word, his voice.

C. Just like Adam and Eve had a choice, you and I have a choice.

1. Will you obey God's Word, His love commandments - His voice?

2. Or, will you obey satan's words, his fear-provoking suggestions – his voice?

D. Who will you place your trust in? Who is telling you the Truth? Whose words will you believe?

1. **Jesus is the Truth.**

John 14:6 Jesus said, I am the way, the truth , and the life...

John 8:40 Jesus said, that He is a "Man who has told you the truth.

Jesus' Word is Truth.

John 17:18 Your (Jesus') Word is truth.

Proverbs 22:20-21 I ...written... "that I may make you know the certainty of the Words of Truth."

John 8:31-32 If you abide in My Word, you are My disciples indeed. And you shall know the truth, and the truth shall set you free.

2. **satan is a liar and he cannot tell you the truth.**

John 8:44 He (satan) was a murderer from the beginning, and does not stand in the truth, because there is no truth in him. When he speaks a lie, he speaks from his own resources, for he is a liar and the father of it.

E. In order for you not to succumb to fear, it is crucial for you to be deeply rooted and grounded in God's Truth, His Words of love. Knowing and believing God and the immeasurable love He has for you, will hold your heart steady when fear comes knocking at your door.

1 John 4:16 And we have known and believed the love that God has for us. God is love, and he who abides in love abides in God, and God in him.

John 8:32 Then Jesus said to those Jews who believed Him, "If you abide in My word, you are My disciples indeed. And you shall know the truth, and the truth shall make you free."

F. You must understand that everything God says, including all of God's commandments, originate from God's heart of love for you. Once you establish this Truth within your heart, you will be empowered to embrace a lifestyle of obedience. (1 John 4:16: John 8:32)

G. Although fear can attack you from what seems to be two opposite ends of the fear spectrum, its end goal is the same to gain your affections – your worship, separating you from God – from His goodness and love for you. The price of your allegiance to fear, your agreement with its lies, will cost you great loss and even your life.

1. At one end of the fear-spectrum, fear tells you that you are lacking "things" that will make you be like God – that will make you wiser, smarter, happier, and more successful.
2. At the other end of the fear-spectrum, fear tells you and your loved one's that your situation or condition is hopeless, that nothing will change, that your prayers are not making a difference, and that God has not and will not help you or save you.
3. Both ends of the fear spectrum are meant for you to question – to doubt – Who God is and who you are in Christ as a new creation, made in God's likeness and image.

H. Because Adam and Eve chose the spirit of fear over the Spirit of the Lord, fear consumed their thoughts and actions.

1. Who gave Adam and Eve, the beginning of the human race, the spirit of fear? satan
2. You need to make the quality choice to resist fear like you would resist satan himself, because he is the originator or the source of all fear.

3. Fear paralyzes and keeps you in the land of unbelief, causing you not to be able to enter into the Promised Land – into God's rest.

Hebrews 3:12,19 Beware, brethren, lest there be in any of you an evil heart of unbelief in departing from the living God ...19 So they could not enter in (to His rest) because of unbelief.

- I. In Psalm 27 David prompted by the Holy Spirit gives a fresh perspective of the quality choice you can make, when everything around you seems dark and dismal. In this psalm, God is not only calling you to let your faith in God be bigger than your fears, but is giving you His antidote to live by faith and not by the sight or sounds of fear.

III. GOD'S ANTIDOTE TO FEAR – "SEEK MY FACE"

- A. God's antidote to fear is found in Psalm 27. Early in David's life, he discovered not only how to live fearlessly, but how to live the life God always intended for him and for all of God's children.

1. God's antidote to fear is "**Seek My face.**" *Psalm 27:8*

2. David response to God's quest is

- "My heart said to You, 'Your face, Lord, I will seek.'**" *Psalm 27:8*

- B. What does seeking God's face mean? It means that you are living your life, every aspect of your life, in and from a close abiding relationship with God through His Son Jesus Christ.

1. Seeking God's face involves doing God's will.

- John 2:3 His mother said to the servants, "Whatever He says to you, do it."**

2. Seeking God's face involves turning your face away from the face and voice of fear. Ps. 27:1-4

3. Seeking God's face prays:

- Matthew 6: 10 Your kingdom come. Your will be done on earth as it is in heaven.**

4. Seeking God's face makes a resolution in your heart to do "all of God's will, which involves saying "no" to fear.

- Acts 13:22 God said: I have found David the son of Jesse, a man after My own heart, who will do all My will.**

- C. Doing all of God's will is a choice; a choice you will never regret. Once you make the quality decision in your heart to do all of God's will, God's grace will be available for you to carry it out as you lean into Him for His strength and help to do it.
- D. Embracing a life of obedience, a heart that says "yes" to doing all of God's will, attracts King Jesus and His kingdom to come here on this earth, into your life and circumstances and into the lives of those you touch.
- E. David embraced a life of obedience throughout his life. Does this mean that he did it perfectly? No! David made some huge mistakes. But, unlike Saul, he repented and leaned into God's mercy, realigning his heart over and over again to "do all of God's will."

F. David chose a lifestyle of obedience, because of His passion for God. Psalm 27 reflects this lifestyle through His many "I will" statements.

- I will not fear!
- I will trust – be confident - in God!
- I will seek God's face and dwell in His presence!
- I will offer sacrifices of joy!
- I will sing praises to God!
- (I will) wait on the Lord!
- (I will) be of good courage!

G. Acts 2:25-26 gives us insight to how David could make such bold exuberant declarations of faith, even when his enemies were surrounding him and breathing out violence?

Acts 2:25-26 I foresaw the Lord always before my face, for He is at my right hand, that I may not be shaken. Therefore my heart rejoiced, and my tongue was glad. Moreover my flesh also will rest in hope. (A quotation from Psalm 16:8-9)

H. God's face speaks of His personality - His nature. What are some of the faces of God that David sets before his face as he sings his praise and petitions to God in Psalm 27?

1. The Lord is **my** light, **my** salvation, and **my** strength. (vs.1)

(Implied) The Lord is my defender (vs.2), my protector and my deliverer (vs. 5).

The Lord is **my** helper (vs.9) and **my** care-taker (vs.10). God is good. (vs. 13)

2. Notice that David did not just affirm Who God is, but Who God is for him personally. He uses the personal pronoun "my" and "me" in relationship to God's many faces.

I. Psalm 27 like the other psalms are sung prayers. As David beheld "the beauty of the Lord" (vs. 4) praising and worshipping God, David attracted God's presence and power in his heart, in his life, and in his circumstances. Ps. 22:3

J. The glory of the Lord and beauty of the Lord are synonymous. As you make the quality decision to behold the beauty or the glory of the Lord, God transforms your heart – your inner thoughts and emotions – into the image of Jesus.

2 Cor. 3:18 But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as by the Spirit of the Lord.

K. As you behold God's face, His personality, you will come face to face with Jesus, the One Who is the exact image of God, the One Who is the Prince of Peace. (Col. 1:15, Isaiah 9:6)

Isaiah 9:6 For unto us a Child (Jesus) is born...And His name will be called....Prince of peace...

John 10:27 Jesus said, Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.

L. The Holy Spirit invites you to magnify the Lord – to make Him bigger than your fears.

Psalm 34:3 Oh, magnify the Lord with me, and let us exalt His name together.

M. God invites you to His banqueting table (His communion table) and sets up His banner of love over you.

Psalm 23:4 You prepare a table before me in the presence of my enemies.

IV. ONE THING LIFESTYLE

A. Seeking God's face, God's presence, was the "One thing" David desired. God was David's first and highest priority. David spoke about his life's vision 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.

B. Dwelling in God's presence was the premier focus for David's life.

1. To "behold the beauty of the Lord" – to study, seek, meditate, and experience God's beauty as revealed by the Word, by the Spirit, by creation, and by God's hand in history.
2. To "inquire in His temple" – to receive prophetic instruction and divine information about how to live out God's calling upon your life, so that you can do all of God's will.

C. Mike Bickle the leader of the International House of Prayer (IHOP) in Kansas City, Missouri stated that "The power or principle of David's life is the two words – 'One thing' - Ps. 27:4."

D. IHOP's advertising for the One Thing Conference in 2018 – for the "One thing" lifestyle:

- One thing. Not many things.
- We often stumble in the darkness from thing to thing, looking for everything but the One thing.
- We don't need more stimulation, we need less distraction. In the coming storm, we need the focus that produces fearlessness.

E. Jesus affirms the "One thing" lifestyle. Jesus told Martha who was "distracted with much serving" that "One thing is needed." As Mary sat at Jesus feet, she peacefully focused on "One thing", while Martha was "worried and troubled about many things." Luke 10:40-42

Luke 10:42 NET But, one thing is needed. Mary has chosen the best part (the right thing); it will not be taken away from her.

F. The centerpiece of the sermon on the mount is establishing God and His kingdom as the first and highest priority in your life, making God your "One thing" and allowing him to rule and reign over your life – over your inner man – your mind, your will, and your emotions. When you keep God as the main thing in your life, you will have the power to not be afraid and not be worried.

Matthew 6:33-34 But seek first the kingdom of God and His righteousness, and all these things shall be added to you. 34 Therefore do not worry about tomorrow...

V. DAVID'S ONE THING LIFESTYLE

- A. From a young age David's was a worshipping warrior. As David tended sheep in his younger years, he became proficient with both his harp and his sling. Through worshipping and praising God, David developed a passion for God that far outweighed anything this world had to offer and far outweighed any fear-provoking threat he would ever face.
- B. Where the majority of people would be afraid of even coming close to a lion or a bear, fearing that we may be struck down or killed by such a fierce animal. David pursued and killed both the lion and the bear in order to protect his father's sheep. How did he have the strength and courage to do this? Ps. 27:4 is the answer.
- C. When Samuel chose David among the 8 sons of Jesse and anointed him as the new king, the Lord spoke to Samuel reminding him that the Lord looks at the heart and not the outward appearance.
1 Samuel 16:7 For the Lord does not see as man sees.... the Lord looks at the heart...Then Samuel took the horn of oil and anointed him (David)...and the Spirit of the Lord came upon David from that day forward.
- D. Because people recognized that "The Lord is with him (David)," he was called upon to play his harp for Saul, who was troubled by evil spirits. 1 Samuel 16:15-23
1 Samuel 16:23 ... David would take a harp and play it with his hand. Then Saul would become refreshed and well, and the distressing spirit would depart from him.
- E. Although David saw Goliath's size and heard Goliath's words along with everyone else's fearful reaction to him, including the Israelite king and soldiers, David chose to place his faith in God, confronting and killing Goliath with his sling, while the Israelites chose to be dreadfully afraid and to run from Goliath.
1 Samuel 17:24 And all the men of Israel, when they saw the man, fled from him and were dreadfully afraid.
- F. David zealously pursued "One thing" bringing the ark of covenant, the earthly throne of God where the presence of God dwelt, into Jerusalem, Israel's new capital.
2 Samuel 6:14-15 Then David danced before the Lord with all his might; and David was wearing a linen ephod. So David and all the house of Israel brought up the ark of the Lord with shouting and with the sound of the trumpet...21 I will play music before the Lord. 22 And I will be even more undignified than this...
- G. David led the whole nation of Israel into seeking God's presence continually. David's personal lifetime vision, his "One thing" focus, is what he brought the nation of Israel into through night and day worship before the presence of God.
1. The Ark of the Covenant, God's earthly throne, was housed in a tent, not a temple for David's reign of 33 years in Jerusalem. Entrance into God's presence was through worship, praise, thanksgiving, and blessing His name – not dependent on blood sacrifices.

2. The nation was led by David, the King who was a psalmist, a song writer. David wrote the nation's songs about God, turning their focus to God.
 3. David raised up from the Levites 4,000 musicians, 288 singers to worship before the ark night and day. (*1 Chronicles 23:5,7*)
 4. David made plans for a temple for God that his son Solomon would build. (1 Chron. 28:11-19)
David made it clear that the temple "is not for man but for the Lord God." (1 Chron. 29:1)
And, he gave of his own resources to build it. (1 Chron. 29:3)
- H. As David pursued this "One thing" lifestyle, David was able to see what most of the Israelites could not see. He was able to see God as His light, his salvation, and His strength, as stated in Psalm 27. This lifestyle also developed within him an extraordinary confidence in God.