

## WORSHIP

### SUGGESTED WORSHIP SONGS:

Mighty to Save, The Lord Is My Salvation, The Lion and the Lamb

## WELCOME

What promises of God have been most helpful to you during this time? How has God fulfilled His promises to you?

## WORD

### PSALM 56

*Be gracious to me, O God, for man has trampled upon me; Fighting all day long he oppresses me. <sup>2</sup> My foes have trampled upon me all day long, For they are many who fight proudly against me. <sup>3</sup> When I am afraid, I will put my trust in You. <sup>4</sup> In God, whose word I praise, In God I have put my trust; I shall not be afraid. What can mere man do to me? <sup>5</sup> All day long they distort my words; All their thoughts are against me for evil. <sup>6</sup> They attack, they lurk, They watch my steps, As they have waited to take my life. <sup>7</sup> Because of wickedness, cast them forth, In anger put down the peoples, O God! <sup>8</sup> You have taken account of my wanderings; Put my tears in Your bottle. Are they not in Your book? <sup>9</sup> Then my enemies will turn back in the day when I call; This I know, that God is for me. <sup>10</sup> In God, whose word I praise, In the Lord, whose word I praise, <sup>11</sup> In God I have put my trust, I shall not be afraid. What can man do to me? <sup>12</sup> Your vows are binding upon me, O God; I will render thank offerings to You. <sup>13</sup> For You have delivered my soul from death, Indeed my feet from stumbling, So that I may walk before God In the light of the living.*

The Book of Psalms was very special to Jesus and the apostles and their most-quoted part of Scriptures. This was probably because the psalms speak of the depths of people's pain, and a whole range of human experience and emotions. From the psalms, we learn to be honest with God with what we feel, and our fears.

The Bible has over three hundred sixty-five commands on not being afraid. Perhaps it's one "do not fear" command for us for each day of the year! God does not want us to live in fear because doing so will paralyze us. Fear can rob us of today's joy when we focus on what might go wrong tomorrow. For example, how many of us experienced being consumed with irrational fears and worries during this pandemic? Let's look at what Psalm 56 teaches us on what to do with our fears.

The context of this psalm points us back to **1 Samuel 21:10-15**. David was in such a dire situation when he composed this song. Here we learn from David that in a time of fear, we should transfer our focus from what makes us afraid, to God. In order to be able to do that, we have put our trust in who God is. TRUST comes from the Hebrew word **BATACH** which carries the idea of resting and clinging on to the Lord. To move **FROM FEAR TO TRUST IN GOD** we must:

### **1. TURN TO THE LORD**

To trust GOD is to **TURN TO HIM**... David's first response to danger that confronted him was to call on the Lord. We also see his humility as he prayed, he acknowledged that he needed God's grace in his predicament (**v.1**). Notice how he described his situation to the Lord – he was running away from Saul's manhunt of him, and when he found reprieve in the distant land of Gath, he found himself captured his enemies who knew who he was. David was a champion fighter against the Philistines numerous

times, but now he falls into their hands. He chose to approach God in prayer as he faced his fears.

**1 Peter 5:7** reminds us that the Lord cares for us and when we are anxious or troubled, He is a safe refuge for our troubled hearts. Do you always run to God when you face your fears!

### **2. TRUST HIS WORD**

In **Psalm 56:3-4**, we see how personal this relationship between David and God was. The object of David's trust is God, and so he was confident even in the midst of danger. When the focus of our faith is God, we are then able to trust Him and His promises no matter the situation! **Romans 10:17** reminds us how to strengthen our faith: by hearing the Word of God. When we yield to God's Word, we lean on His revealed nature, His promises, and His solid track record of delivering His people and ultimately glorifying Himself along the way.

**Romans 1:19-20** describes how God is revealed to us through creation. When you see the stars, trees, the sky, you will realize that there is a Creator. The power and creativity of God is revealed in CREATION. But you will also know Him through the revealed Word of God. How do you know that God is compassionate, faithful, His nature? Through Scripture, God's words, which reveals His attributes to us.

Ultimately, we know get to know Him best through the LIVING WORD, the Word became flesh -- Jesus, the Word of God (**John 1:1, 14**). That's how you come to know GOD. Jesus tells us, "if you have seen Me, you have seen the Father" (**John 14:9**). That's why it is important to know the Word of God because that's how you come to grow in faith and trust in God. Notice what God tells us about Himself in **Numbers 23:19** – He is truly faithful to His Word. He keeps His promises, and we can trust His Word completely.

## WORD (cont'd)

David clearly declares in **Psalm 56:10**, that his security is found **in the promises of God**. As a young man, David heard the prophet Samuel speak of God's promise to him, as he was anointed King of Israel (**1 Samuel 16:12-13**). David remembered that God made a promise, "you are going to be the king, the future king of Israel" The problem was that his present reality did not match what God promised him. Yet because trust is anchored on the word of God, not on circumstances, we, like David, will be able to hold on completely to His promises because His Word will be accomplished despite our current situation. His words will not return to Him empty, without accomplishing God's purpose (**Isaiah 55:11**).

What is the source of your trust? Is it God's promises, or shallow hopes that we conjured up in our minds?

### **3. TRUST HIS CHARACTER**

**Psalm 56:6-7** tell us that trusting God doesn't mean that all your problems will be solved all at once. David's life was still in danger, and yet he chose to trust in God's dependable character. In **vv. 8-9**, he wrote an amazing description of God's love and care. The practice of putting "tears in bottles" is a Middle Eastern cultural reference that paints a picture of how God understands, cares, and feels for His people. In **Exodus 3:7**, we are reminded of how God sees afflictions and how he hears the cries of His people!

## **DISCUSSION QUESTIONS:**

*(Leaders: Please choose questions that are appropriate to the level of spiritual maturity of your members)*

- 1. Self-Check.** What are your usual fears and how do you usually respond to those fears?
- 2. Setting It Right.** At this time of a great pandemic, have you allowed fear to take over your faith? How did God correct you in this?
- 3. Living It Out.** Thankfulness is an essential virtue in these challenging times. What are you thankful for? Give glory to God for these things!

## WORKS

### **PRAY CARE SHARE IN ACTION**

Pray for individuals or groups of people that you know are fearful or frustrated over the situation they find themselves in during this pandemic. This week let them know you prayed for them and take the opportunity to pray WITH them online or over the phone. Share the lessons you learned from Psalm 56 on facing fears; lead them to Jesus so that they too can trust Him and His promises when they are afraid.

Such is the character of our loving Father. As we trust and cling to Him, let us do so with full remembrance of His track record. He never failed in any of His promises. We **know (Hebrew Yada)** that He is a Father who has compassion on His children (**Psalm 103:13**). Paul reminds us in **Romans 8:31** that if God is for us, who can be against us? This is the confidence that we have in the Lord! Many times, the reason why we cower in fear is because we focus on other things rather than the Lord. Like Saul who became pressured by the demands of the people and an impending war (**1 Samuel 13:8-14**), we also usually resort to disobedience. Remember, it is only through obedience and trusting God that we can learn fully the extent of the faithfulness of God.

### **4. THANK HIM IN ADVANCE**

In **Psalm 56:12**, David emphasized the value of **a)** keeping vows that we make to the Lord, and **b)** offering thanksgiving to Him as our act of worship – even without the blessings at hand yet. It is a display of our trust and faith in the Lord. Trusting God is foundational in the Christian life. **Hebrews 11:6** tells us that God is a rewarder for those who seek Him. David sought the Lord, and the Lord eventually delivered him. In this time of fear. Let us trust in the Lord and be confident that He is more than able to keep us all from falling (**Jude 1:24**)!

### **WEEKLY PRAYER POINTS**

#### **I. Thanksgiving**

- Worship God for who He is, what He has done, and what He will do in our lives

#### **II. Country and the World**

- Compassion and godly wisdom for government leaders as our nation transitions into a new normal
- Repentance and Salvation

#### **III. Church**

- That CCF Members would honor and love God and make disciples
- Elders, Pastors, Leaders, and Families
- Ministries and Churches worldwide

#### **IV. CCF Facilities**

- Worship and Training Center
- Prayer Mountain

#### **V. Personal Concerns**

- Deeper intimate relationship with God
- Righteous living
- Salvation of family and friends