

“What to do... When We are Anxious and Fearful”

Psalm 56

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- A. The key to dealing with fear and anxiety is to **trust** God.
(verses 4, 11)
- B. Trusting in God involves:
1. **Bringing** our fears and concerns to Him.
(verses 1, 2, 5, 6)
 2. Believing He is **aware** and **cares** about our situations and fears. (verses 8)
 3. Seeing people in light of who **He is**. (verses 4, 11)
 4. Having confidence He will **deliver** us. (verses 12, 13)
 - Sometimes it is an **earthly** deliverance
 - Sometimes it is an **eternal** deliverance
 - Sometimes it is the **grace** and **strength** to deal with our worst fears.