

Psalms: Confidence in the Lord

Key Scriptures:

Psalms 27:1-14 Of David. The LORD is my light and my salvation; whom shall I fear? The LORD is the stronghold of my life; of whom shall I be afraid?

² When evildoers assail me to eat up my flesh, my adversaries and foes, it is they who stumble and fall. ³ Though an army encamp against me, my heart shall not fear; though war arise against me, yet I will be confident.

⁴ One thing have I asked of the LORD, that will I seek after: that I may dwell in the house of the LORD all the days of my life, to gaze upon the beauty of the LORD and to inquire in his temple.

⁵ For he will hide me in his shelter in the day of trouble; he will conceal me under the cover of his tent; he will lift me high upon a rock.

⁶ And now my head shall be lifted up above my enemies all around me, and I will offer in his tent sacrifices with shouts of joy; I will sing and make melody to the LORD.

⁷ Hear, O LORD, when I cry aloud; be gracious to me and answer me!

⁸ You have said, "Seek my face." My heart says to you, "Your face, LORD, do I seek."

⁹ Hide not your face from me. Turn not your servant away in anger, O you who have been my help. Cast me not off; forsake me not, O God of my salvation!

¹⁰ Though my father and mother forsake me, the LORD will receive me.

¹¹ Teach me your way, O LORD, and lead me on a level path because of my enemies.

¹² Give me not up to the will of my adversaries; for false witnesses have risen against me, and they breathe out violence.

¹³ I believe that I shall look upon the goodness of the LORD in the land of the living!

¹⁴ Wait for the LORD; be strong, and let your heart take courage; wait for the LORD!

Key Point: You can face your fears with confidence when the one thing you seek is the presence of God.

TALK IT OVER

Start talking: Pick a conversation starter for your group.

- If you had to live in one place for the rest of your life, where would it be? Why?

Reflect, Think, & Share: Read through the key scriptures and share any observations or questions with the group.

- If you had a friend who was struggling with worry, anxiety, or fear, what would your advice be to help them overcome it?
- What things stand out in this Psalm as something that would bring anxiety or fear? What would bring confidence?
- David imagines worst-case scenarios (v. 3, v. 10). Why do you think he does this instead of minimizing potential dangers? How does imagining the worst, while clinging to God, actually build our confidence?
- Verse 4 describes David's "one thing"—to **dwell, gaze** and **seek/inquire**. What do these three actions mean to you personally? Which of them do you find most challenging in your walk with God?
- St. Augustine said that fearful anxieties were linked to making a good thing into a "god thing," or the "one thing" (v. 4). Can you identify any good things that have slipped into the wrong place in your heart?
- How does gazing on the beauty of the Lord help overcome fear?
- What does it mean to seek His face, and not just His hand (what He gives)?
- What role do spiritual disciplines (prayer, reading, worship, obedience) play in helping you overcome fear? Which of these do you currently engage in most regularly, and where might God be calling you to grow?

Start doing: Focusing on God's attributes and His beauty seems counterintuitive as something that would overcome fear and build confidence in Him. But follow David's lead and spend time this week just enjoying God for who He is. Find a passage to meditate on and pray through

Prayer Requests. Take some time to pray together. Use the key scriptures as a guide in praying the scriptures back to God.

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