

Worried? Afraid? Overwhelmed?

By Dr. Stephen G. Tan | Psalm 27:1-14 | [Watch ▶](#)

DISCUSS

In times of great uncertainty, almost everyone feels overwhelmed, anxious, and fearful. Read Psalm 27 and discuss these three principles that teach us how to dispel our fears and minimize our anxieties.

Peace that removes fears is not dependent on circumstances but based on our confidence in who God is and what He can do for us (v. 1-3).

- What was David afraid of that caused him to cry out to God? What did he do to drive away his fears and anxieties?
- Do you trust in the Lord as David did? What do you know about God that gives you the confidence that He cares for you?
- What is your attitude toward death? Are you focusing on your departure from this world or on your arrival in the presence of your King and Savior in glory? Why?
- In what ways do you see God as your fortress and strength? If God is your light, salvation, and strength, why do you still live in fear and are overwhelmed by anxieties?

Security and assurance are found in a relationship with the Lord, focusing on the eternal rather than the temporary (v. 4-6).

- In his time of trouble, where did David long to be?
- What are the effects when you focus your attention on the temporal things of life? How is it different when you focus on the eternal with a heavenly mindset?
- In this time of Covid, how can you live your life focusing on what is eternal instead of focusing and spending time reading and talking about Covid? What would be the effect when you deliberately change your focus from problems to the truth about God?

- Share how God is your refuge, your hiding place, and your source of peace.

Prayer calms the anxious heart as we place our troubles and burdens on the Almighty God who encourages us to do so (v. 7-14).

- David was indeed fearful for his life, but what knowledge about God strengthened him in verse 10? What did he ask God to teach him in verse 11?
- How do you bring before God your needs and others' needs as well?
- What does Philippians 4:6-7 say about prayer? What does it show about your trust in God when you worry? Do you accept the Lord's invitation to you to place your burdens upon Him?

REFLECT

- Are you worried, afraid, and overwhelmed right now? Do you have peace in your life in the midst of your troubles? Which of the principles discussed do you need to work on to calm your anxious heart?
- In verses 13-14, David rejoiced in the prospect of waiting for the Lord in the midst of all of his troubles. He was no longer fearful, worried, and anxious. How would you follow David's example in your situation?

PRAY

Heavenly Father, thank You that You understand why I go through fear, anxiety, and being overwhelmed. Thank You for providing lessons from Your Word on how I can overcome these crippling feelings. Thank You that when I pray and set my mind on You instead of on my problems, You will give peace beyond my understanding. Thank You that I can place my burdens upon You. What a great encouragement! Thank You, Lord, for being my Mighty Fortress. I pray in Jesus' name. Amen.