

BIBLE BAPTIST CHURCH OF ERIE

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Series: Psalms Of Hope

Psalm 34:1-8

The Book of Psalms are Songs that were often sung during dark and difficult times. For the next several weeks I want to look at several of the **Psalms of Hope** and today we will look at – **Hope Over Fear** from Psalm 34. **In Romans 15:13** the apostle Paul said this: *“Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit.”* That word “hope” (elpis/elpo) means to *“anticipate with pleasure, confident expectation.”* So here in **Romans 15:13** he is telling us that **God is the author** Himself of Hope that is our **CONFIDENT EXPECTATION**. And the **OBJECT** of our **HOPE** is Christ for **Colossians 1:27** says; *“Christ in you, the HOPE of glory.”*

Now for example, I am afraid of:

we all face times of fear when we are afraid and fearful, and sometimes it can be good because it keeps us from real danger. For

As we know that life is filled with fearful experiences and that is part of our ever day involvements, however God never intended for us live on an everyday level of fear for as we know that **2 Tim.1:7** tells us; *“For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.”* Our Heavenly Father wants us to walk by **FAITH** not **FEAR** and we can do that as we put our faith in the **God of HOPE** which is *“confident expectation”*.

Do you have your Bibles open? Let me give you a little background for this psalm. David was a fugitive. He was fearful for his life because of King Saul’s jealousy. He went down into the cave of Adullam. While he hid in that cave, David penned **Psalm 34**. I don’t know what cave you’re hold up in, but sooner or later we all get to the cave, don’t we? We get there discouraged, wondering what’s next, afraid of the future. So, David wants to help us get a foothold in walking through our fears and finding God’s peace with each step. Now in reality we have all been hiding in our caves now for the last eight weeks plus, wondering when we will get out from under this fear.

I am going to give you four truths to teach us

“How To Have Hope When I Am Afraid.” First

I. ACKNOWLEDGE THE RELIABILITY OF YOUR GOD **Vs.1-3**

David dealt with his fear by offering praise and worship to God. He demonstrated his faith in the Lord by looking immediately into His face. He shows us that we need to express our love, appreciation, praise, and exultation to the One who is in charge. Three times he says it in three different phrases: *“I will praise the Lord no matter what happens. I will constantly speak of his glories and grace. I will boast of his kindness to me.”*

II. ADMIT THE REALITY OF YOUR FEAR **Vs.4-5**

Most of us know that God is trustworthy. But the next step could cause us to trip a bit. In the beginning of **Psalm 34**, we have to admit to the reality of our fears. Read verses 4 and 5: *“I sought the Lord, and He heard me, and delivered me from all my fears. They looked to Him and were radiant, and their faces were not ashamed.”* Look down in the next verses. **Verse 6** says, *“This poor man cried out.”* He didn’t say *“This strong man cried out ... this man who has it all together cried out.”* David said *“This poor man ...”* He recognized his need for God.

III. APPROPRIATE THE RESOURCES OF YOUR FATHER **V-6**

I love the Hebrew definition of the word “trouble.” (**V-6**) The word literally translates, **“hang-ups.”** It means to be inhibited, tied up and restricted. When we lay hold of Christ, we are freed from our **“hang-ups.”** David reviews this principle later in **verses 15 and 17**. *“The eyes of the Lord are on the righteous, and his ears are open to their cry.... and the Lord hears, and delivers them out of all their troubles.”*

IV. ACCEPT THE REINFORCEMENT OF HIS POWER **V-7**

When you tell it to Jesus, you now have His great resources coming to your aid. This is what we call in theology a **THEOPHANY**. A **theophany is in the Old Testament a picture of Christ**. In other words, the **“angel of the Lord”** is the Christ of the New Testament operating in the Old Testament. You don’t need the angel of the Lord in the New Testament because you have Christ.

It doesn’t say He removes the fearful situation, but it promises that He will be encamped around you. The word **“encamp”** literally means to fortify you, build a hedge around you, and protect you in the midst of every fearful experience.

Remember **Romans 15:13**; *“Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit.”* Now that is powerful when we are facing fearful situations because we have the **GOD OF HOPE** with us. Is the God of Hope in your life through His Son the Lord Jesus Christ? For **WHOSOEVER** will call upon Him will be **SAVED** and we can know that hope with joy and peace by the power of the Holy Spirit.