



Psalm 27

A Psalm of Fearless Trust in God.

David speaks to a problem in all of life—that of fear. Our fears are directed in so many areas: fear of the unknown, fear of sickness, disease, and death, fear of people, of losing our jobs, fear of being misunderstood, rejected, mistreated or forgotten. If our fears are realized the emotion can quickly turn to panic. As fear gets a firm grip on us, we become its victim.

If fear is taunting you, Psalm 27 should be helpful. It is a song intended to take the pain out of fear.

Verses 1-6 Declaration of Praise

Praise, confidence, victory, singing

Verses 7-13 Petition for Needs

List of requests

Verse 14 Exhortation to Wait

Key to the song is verse 1: The LORD is my light...my salvation...the defense of my life.

Before reading the psalm:

What is your customary response when fear grips you? How would you change your response to fear if you could?

Read the psalm 2 times

Why do you think praise in the midst of fear is helpful?

When you feel fear growing within, how can music become a part of your response?

Do you live under constant pressure? (another form of fear) Plan a couple of times this week to pull away alone long enough to praise God and petition the Lord for your needs.

Waiting on God is a spiritual discipline. It requires practice. Focus your attention on what is causing you anxiety—something you can't fix. Each time it comes to mind, recall God's abilities and faithfulness, surrender the issue to His control, then choose to wait as you leave it in His hands.

Excerpts taken from "Living the Psalms: Encouragement for the Daily Grind" by Charles R. Swindoll.