

Praying Your Fears

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Psalm 3: Gen 15:1-18

Oakbrook Community Church (PCA)

I. Psalms as Prayers

- Prayer: starts with "O Lord"
- Emotionally blunt – v7 strike enemies; break the teeth...
- Psalm 3 - deals with basic emotion of fear v1
- David expressing fear & listening to God's truths
- David feared: Absalom's armies 2 S 15:14-17; character attack 2 S 15-18
- fear - response to a real or perceived threat Bus coming at you
- anxiety - anticipation of a future threat Often unspecific issue
- Anxiety is often caused when you've put your trust in something that made you feel secure or gave you an identity and it fails!

II. David's Prayer: Fruit to Root

- David seems to do the Fruit to Root Exercise:
 - a) what am I doing or experiencing right now?
 - b) in light of that, what do I believe about myself?
 - c) what do I believe God is doing or has done?
 - d) what do I believe God is like?
- V1-2 identified what he was experiencing (a)
- David combined (b&c) quickly in v3
 - God is my shield (Eph 6:16) go back to truth!
 - In face of fear look to God's character
 - Jesus prayed in garden fearful Lk 22:42,44
 - Jesus gained strength in prayer to be obedient
- David reminds self of identity in God - Lord my glory
 - his own identity was failing & threatened
 - identity as king, good father, moral person - all failed!
 - Only God could provide David a sure identity
- David knows God loves him - lifter of my head
 - self lift head=proud; others lift head=I'm proud of you
 - David knew he had God's love & approval!
- How does David know? He answered from his holy hill
 - this is a reference to Gospel
 - David knew Abraham's story Gen 15
 - Abraham was doubting
 - God gave cutting covenant > Christ
 - David rested in hope of the Gospel (holy hill)
- How do you know? You have the finished Cross! Jesus' work!
 - because you sinned God was cut at the Holy Hill to show He loved you and values you 1 Jn 3:16; 4:19-20; Ro 8:31-32

III. The Result of Prayer

- David overcame his fear and anxiety in prayer - look to v5-8
- David reset his understanding of God & his own identity in God by prayer
 - Who is God? What has God done?
 - Who am I in light of God's work?
 - How should I live in light of who I am?
- Prayer should cause us to live in our Gospel Identity, not our stinking thinking!

From Fruit to Root Exercise: Gal 5:19-21 (unbelief) 22-25 (Gospel)

- a) What am I doing or experiencing right now?
- b) In light of that, what do I believe about myself?
- c) What do I believe God is doing or has done?
- d) What do I believe God is like?

Gospel Questions for living Gospel Fluent:

Practice using the 4 Gospel questions when living life:

- 1) Who is God?
- 2) What has He done?
- 3) Who am I in light of God's work?
- 4) How should I live in light of who I am?

Gospel Truths to Remember Every Moment 4 G's

- God is Great (*Ps 145:3*) so we don't have to be in control
Symptoms: overbearing, inflexible, avoid risks, impatient with others, avoid responsibility, get frustrated, always busy, always worrying.
- God is Glorious (*Ps 145:5*). so we do not have to fear others
Symptoms: fear others, low self-esteem, don't have status we think we deserve, controlled by other's expectations.
- God is Good (*Ps 145:9*). so we don't have to look elsewhere
Symptoms: never satisfied, easily bored, pursuit of things or experiences, serve for what we get in return.
- God is Gracious (*Ps 145:8*). so we don't have to prove ourselves
Symptoms: constant need to justify self, worry you aren't doing enough, find it hard to relax, envious of others, make others feel guilty.