



When Fear Doesn't Feel Like Fear Psalm 56

We don't always recognize fear in our lives by thinking or saying, "I'm afraid." Often, we recognize it by the evidence it leaves in our lives.

Fear doesn't always look like fear or feel like fear. Sometimes fear reveals itself in the way we respond to it.

In Psalm 56, David helps us recognize four common responses to fear. Maybe you'll recognize one of them in your own life today. The problem is that these responses don't work. So, we're going to see how David learned, and how we can learn, to respond differently to fear.

In Psalm 56, David shows four ways fear often reveals itself.

Fear often reveals itself through fixation.

Fear often reveals itself through control.

Fear often reveals itself through isolation.

Fear often reveals itself through forgetfulness.

As we close, I want to ask you a simple question: How has fear revealed itself in your life lately? Fixation? Control? Isolation? Forgetfulness? David's answer to every one of these is the same: "When I am afraid, I put my trust in you."

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