

How to Battle Fear with Praise

April 28, 2024

Psalm 147:1, NLT – Praise the Lord! How good to sing praises to our God! How delightful and how fitting!

Four Benefits of Praise

1. Singing is part of _____

Zephaniah 3:17, NLT – For the Lord your God is living among you. He is a mighty savior. He will take delight in you with gladness. With his love, he will calm all your fears. He will rejoice over you with joyful songs.

Psalm 98:4-6, NIV – Shout for joy to the Lord, all the earth, burst into jubilant song with music; make music to the Lord with the harp, with the harp and the sound of singing, with trumpets and the blast of the ram's horn—shout for joy before the Lord, the King.

2. Songs of praise help us _____

Deuteronomy 31:19a, NIV – Now write down this song and teach it to the Israelites and have them sing it...

Joshua 1:8, NIV – Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.

Psalm 1:1-2, NIV – Blessed is the one...whose delight is in the law of the Lord, and who meditates on his law day and night.

3. Singing praise connects _____

Colossians 3:16, NLT – Let the message about Christ, in all its richness, fill your lives. Teach and counsel each other with all the wisdom he gives. Sing psalms and hymns and spiritual songs to God with thankful hearts.

4. Singing praise together _____

Ephesians 5:19, ICB – Speak to each other with psalms, hymns, and spiritual songs. Sing and make music in your hearts to the Lord.

How to Battle Fear with Praise

1. _____

Psalm 18:1-2, NIV – I love you, Lord; you are my strength. The Lord is my rock, my fortress, and my savior; my God is my rock, in whom I find protection. He is my shield, the power that saves me, and my place of safety.

2. Make God My Hiding Place

Psalm 32:7, NIV – You are my hiding place; you will protect me from trouble and surround me with songs of deliverance.

3. Celebrate When I'm Surrounded

Psalm 23:4-5, NIV – Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows.

Philippians 1:21, NIV – For to me, to live is Christ and to die is gain.

Reflection:

What fears are you battling? Often, fear masks its presence within us. Anxiousness, worry, stress, dread, sadness, jealousy, anger, and many others can all be rooted in fear. Behaviors can also be rooted in fear: criticism, control issues, sarcasm, the need to perform for or please others, bad habits, feeling the need to escape reality often or for long periods of time, etc.

Tell God what you fear, and, if you can, name what's causing you to be afraid. Then, like David, take the time to focus on God's character and truth instead of fear. Read a Psalm, perhaps Psalm 16, 18, 23, 27, 32, 34, 46, 51, 91, 118, or 119. Sing a praise song to God (like Amazing Grace). Trust God to comfort, provide, heal, and do what needs to be done in his timing.

Read Zephaniah 3:17 again (above). God loves you and sings over you. Let his love and songs of deliverance encourage and energize you to be who he's created you to be and do what needs to be done today. He'll never leave you. Jesus is with you all the way.