



*"Find Your Purpose and Reach Your Destiny"*

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Lesson Three

**When You're Afraid:**

Psalm 51:1-19

RECAP: In our lesson series called, "Threatening Emotions," we covered *A Time of Rejoicing* from (Ps. 33:1-22) and *Loneliness* from Psalm 22:1-31. During these lessons, we discovered that we must learn to rejoice in the past, the present, and the future and we learned how to manage our emotions as they relate to abandonment and how to find strength when we feel everyone has forsaken us. When we are faced with such emotions, we should be honest about it, but we should also look to God to find strength.

In tonight's lesson, from Psalm 51:1-19, we will learn what to do when we are afraid. When we are afraid, we should seek for the peace of God when fear comes and His peace will settle us. Regardless of whether our great concern is physical, emotional or spiritual, we all fight fear. The good news is that we can gain perspective and insight from this Psalm in how to handle it.

### **Introduction:**

When we experience fear, it is a result of panic and loss of hope and or control in a situation. When we give more attention to what strikes fear than over who God is, it becomes displeasing to Him. His displeasure is not a punishment for a human expression, but a disappointment concerning our lack of trust in Him. We will all encounter fear at different times and seasons in lives however, we

must learn to master (conquer) fear and not allow it to master (conquer) us.

**2 Timothy 1:7 (NKJV)** *For God has not given us a spirit of fear; but of power and of love and of a sound mind.*

- *Psalm 51:1 – 19*

### **Psalm 51:1-19 Commentary:**

David wrote this Psalm shortly after he committed adultery with Bathsheba (2 Sam. 11:1-chapter 12:15). When Nathan confronted him about his sin, the king fell to the floor and wept in bitter repentance. He publicly sought restoration as a king and as a spiritual man; as Psalm 51 demonstrates. Because of David's repentant heart, God allowed him to remain as king until he died.

In Psalm 51, David was not sure if God was going to take his life for the life of Uriah. However, God did execute justice and it was upon David's son.

*Note: the type of fear discussed in this lesson is not in terms of natural fears we all have; fear of heights, spiders, snakes, water, etc., but the fear of separation from God, which sin brings.*

Here are some steps to take when we are faced with fear:

- 1. \_\_\_\_\_. (Ps. 51:1-2) David asked for God's forgiveness. He asked for God's mercy, for God to blot out his transgressions and wash away and cleanse him from his sin (iniquity KJV).

Iniquity: *immoral or grossly unfair behavior*

- 2. \_\_\_\_\_. Ps. 51:3-4 (confess the matter) God knows our sins, but He longs for transparency from us. David shows us that we can come to God and lay our sins, our fears and concerns directly before Him.

David admits in verse 3, "For I know my transgressions, and my sin is ever before me." David is saying that he made a choice to actually rebel against God. And in verse four David recognizes he has sinned against God.

### THE RESIDUAL EFFECT OF DISOBEDIENCE TO GOD...

Like David, when we sin, our choice to rebel against God affects not only us, but almost always those who are closest to us.

When we rebel against God, often times we experience guilt, regret, shame. David reveals in Psalm 51 that experienced this first hand.

- 3. BE (truthful) \_\_\_\_\_. Ps. 51:5-6

God knows every flaw and imperfection within each of us. He is not desiring to hold them against us; but to cleanse us through our acknowledgment of His truth and recognition of His holiness in comparison to our sinful nature.

- 4. \_\_\_\_\_. Ps. 51:7

David is asking God to rid him of his internal pain, and he is now asking God to no longer remember his sins—to completely forget them forever. And God will do exactly that. That's how much He loves us! That's what the cross was all about; forgiveness of condemning sin.

- 5. \_\_\_\_\_. Ps. 51:8-10

Desire for our relationship with God must override fear. Maintaining His joy should be a main priority for us. Whatever we do, we must not lose His Joy; for it is our strength. Without His strength (Joy) we are powerless. A joyless Christian is a powerless one, because although they are still empowered by the Holy Ghost, the absence of Joy causes the authority of His strength to become inoperable.

From verse 10, David knew he needed a change from within. *me* (verse 10). He is asking God to purify him and then to help him live that changed life.

- 6. \_\_\_\_\_. Ps. 51:11-12

God longs for us to approach Him with a willing spirit and willingness to obey Him. Desiring restoration is a true request for the soul. The soul (mind, will, emotions) identifies with the alien thing (sin) that brought separation to the relationship we have with God.

Fear is a foreign agent of Satan assigned for the sole purpose to make us quit, or lose heart and confidence in God. Fear, from a spiritual standpoint, is unbelief in God's ability to perform on your behalf.

- 7. \_\_\_\_\_. Ps. 51:13-15

Once David has been restored, he wants to publicly praise God and teach others about Him. Psalm 51 is perfectly suited to be a hymn of worship and witness for God's people as they appeal to God for forgiveness. "*My tongue will sing aloud of your righteousness . . . my mouth will declare your praise*" (verses 13 and 14).

- 8. \_\_\_\_\_. Ps. 51:16-19

David concludes Psalm 51 with a focus on sacrifice. The sacrifices God desires....

1. A broken spirit
2. A contrite (*remorseful, repentant, penitent*) heart. David understood this and this was the heart he brought to God.

\*God is seeking for the heart of David in His people today.

### End of Lesson Assignment:

Take out your phone - Go on YELP, Write a positive comment about CITY OF FAITH, and receive (50 pts)!!

**Answers:**

1. Appeal to God
2. Acknowledge the Sin
3. Transparent
4. Sanctify yourself for God
5. Desire Restoration More than Anything
6. Long for His Presence
7. When You Are Restored, Restore Others
8. Make Your Life a Daily Sacrifice unto Him