



Be Still

MY ANXIOUS HEART

Psalm 56

**V. 1 Be merciful to me, my God,
for my enemies are in hot pursuit;
all day long they press their attack.**

**V. 2 My adversaries pursue me all day
long;
in their pride many are attacking me.**

V. 3 When I am afraid, I put my trust in you.

**V. 4 In God, whose word I praise —
in God I trust and am not afraid.**

What can mere mortals do to me?

**V.5 All day long they twist my words;
all their schemes are for my ruin.**

**V.6 They conspire, they lurk, they watch
my steps, hoping to take my life.**

**V.7 Because of their wickedness do not
let them escape;**

**in your anger, God, bring the nations
down.**

V.8 Record my misery;

list my tears on your scroll—

are they not in your record?

**V.9 Then will my enemies will turn back
when I call for help.**

By this I will know that God is for me.

**V.10 In God, whose word I praise,
in the Lord, whose word I praise—**

V.11 in God I trust and am not afraid.

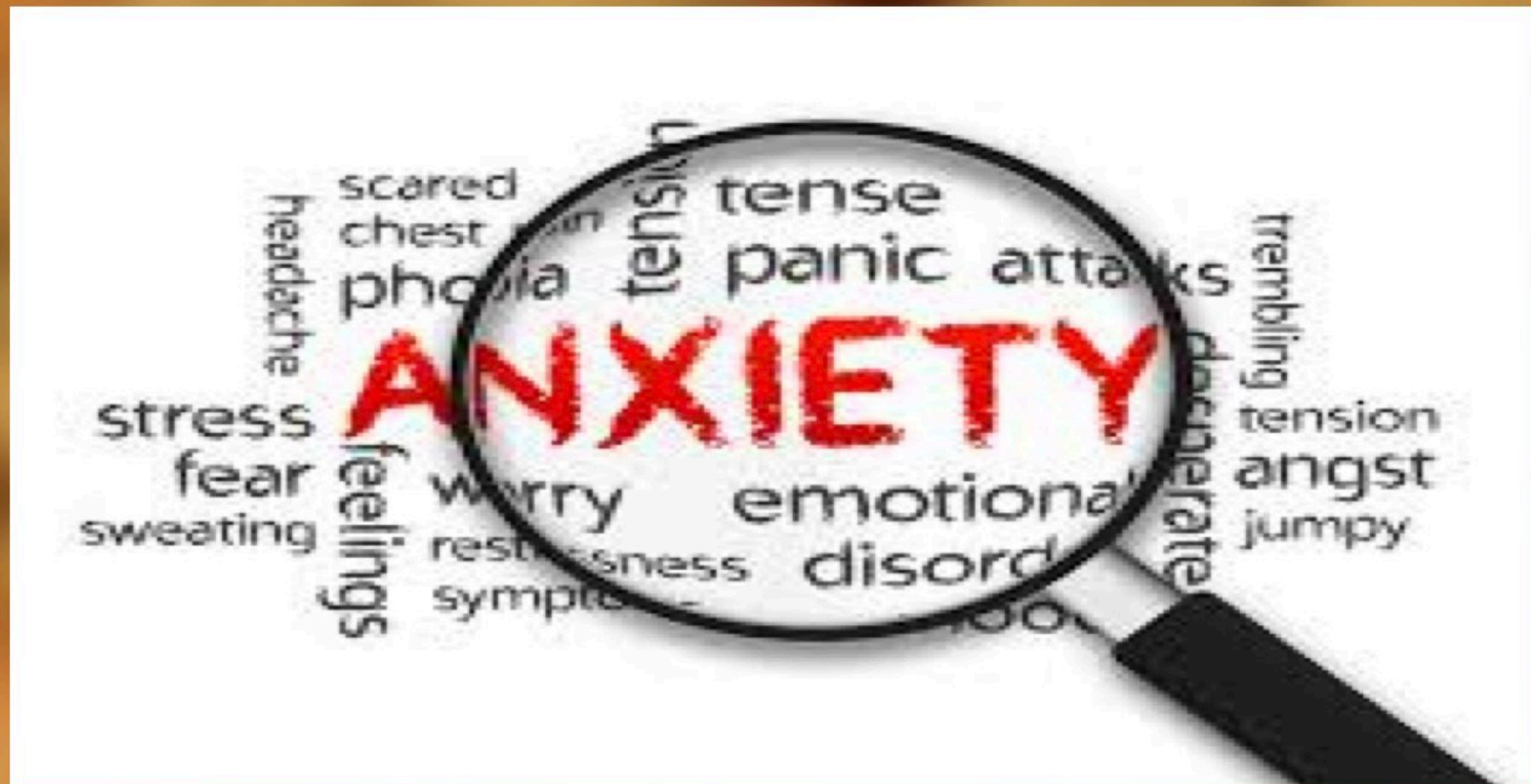
What can man do to me?

V.12 I am under vows to you, my God;

I will present my thank offerings to you.

**V.13 For you have delivered me from
death and my feet from stumbling, that I
may walk before God in the light of life.**





F E A R

2 Timothy 1:7 – “For God did not give us a spirit of fear but of power, love and self-control.”

F E A R



Face the fear

**for my enemies are in hot pursuit; all day long they
press their attack.**

**My adversaries pursue me all day long; in their pride
many are attacking me.**

**All day long they twist my words; all their schemes
are for my ruin.**

**They conspire, they lurk, they watch my steps,
hoping to take my life.**



– Face the fear



– Expect it

John 16:33 ... In this world you will have trouble. ...

James 1:1 ... whenever you face trials of many kinds....



EMERGENCY ALERTS



Emergency Alert

BALLISTIC MISSILE THREAT INBOUND TO HAWAII. SEEK IMMEDIATE SHELTER. THIS IS NOT A DRILL.

Settings





F₄

- **Face the fear**

E₁

- **Expect it**

A₁

- **Apply the Word**

Psalm 56: 3

***When I am afraid, I put my trust in you.
In God, whose word I praise -
in God I trust and am not afraid.***

John 16:33 I have told you these things, so that in me you may have peace. In this world you will have trouble. BUT take heart I have overcome the world.

James 1:1 consider it pure joy, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance.

Community – Hebrews 10:24 And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another...

Counsel – Proverbs 19:20 Listen to counsel and accept discipline, That you may be wise the rest of your days.

**Be Courageous for I am Always With You -
You are Never Alone – Joshua 1:9** Have I not
commanded you? Be strong and courageous.
Do not be frightened, and do not be dismayed,
for the LORD your God is with you wherever you
go.”







F₄

- **Face the fear**

E₁

- **Expect it**

A₁

- **Apply the Word**

R₁

- **Remember Who God Is**

Shield Potter Counselor Comforter Foundation Prophet Savior Keeper Consecrator Protector Advocate Master
Lawgiver Counselor Comforter Foundation Prophet Savior Keeper Consecrator Protector Advocate Master
Rock Judge Father Ruler Deliverer Sanctifier Source Cornerstone Strength Purifier Provider Light Peace Healer Author
King Preserver Defender Banner Redeemer High Priest Consuming Fire Shepherd
God

lamb of God
brightness of the Father's glory
mighty to save
morning star
redeemer
daysman
cornerstone
Lord of Glory
the only mediator
witness
day
rabbi, rabboni
living stone
second man
head of every man
eternal life
the second man
God with us
king over all the earth
your
God manifest in the flesh
lord almighty
man christ Jesus
most mighty

mighty one of Jacob
Israel
seed of the woman
Lord from Heaven
only begotten
our hope
santification
fountain
man of sorrows
righteous servant
priest
living stone
second man
redemption
ransom
light of the world
governor
unspeakable gift
shiloh
word of life
horn of salvation
finisher of faith
gift of God
bright and morning star

everlasting Father
rose of sharon
physician
vine
rabbi
prince
servant
only ruler
our passover
leader
light
king of kings
God of the whole earth
seed of David
wisdom
master
God's dear son
propitiation
rock of offense
mighty in battle
messenger of the covenant
friend of sinners
forerunner
the way
son of joseph
judge
teacher
counselor
precious cornerstone
captain of salvation
the angel of the Lord

Messiah
holy one
I AM
good shepherd
holy child
God
most holy
overseer
wonderful
deliverer
God
wisdom
last Adam
image of God
carpenter's son
word
shepherd and overseer of souls
commander
bridegroom
first and last

root of David
lion of the tribe of judah
surety
son of man
branch
elect
king of kings
wisdom
God's dear son
propitiation
last Adam
image of God
carpenter's son
shepherd and overseer of souls
commander
bridegroom
first and last

Most High God
Shepherd
Refuge
God of all
Living God
God of peace
Our Father
Alpha and Omega
Everlasting God
God our provider
Lord of hosts
Righteousness
Almighty God
God our healer
Rock
Redeemer
Lord
Faithful God
Holy God
Father of mercies
Gracious God
Creator

Psalm 56:11

in God I trust and am not afraid.

What can man do to me?

Exodus 15:1-18

F₄

- **Face the fear**

E₁

- **Expect it**

A₁

- **Apply the Word**

R₁

- **Remember Who God Is**



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