

DEFINING MOMENTS

03.22.20 – The Problem of Anxiety - Psalm 27

David gives us a 3-step strategy to overcoming fear and anxiety

Psalm 27:4 (NIV)

⁴One thing I ask from the Lord, this only do I seek:
that I may **dwell** in the house of the Lord all the days of my life,
to **gaze** on the beauty of the Lord and to **seek** him in his temple.

Step #1 – _____

David is talking about the relational presence of God

Fear and anxiety _____ when something we've put too much trust in is threatened.

Step #2 – _____

In order to gaze, we need to: Retain, Contemplate, and Delight

R _____ – Find a truth in the Bible about God
God is a _____ God.

C _____ – Look at God through that truth.
What does this truth tell me about God?
How has God shown me that He loves me?

D _____ – Enjoy that truth!
God is indeed a loving God.

Step #3 – _____

Seek = To get _____

v.11 - *Teach me your way, Lord; lead me in a straight path...*

Ask:

When we look at the life, death, and resurrection of Jesus, what things does that tell us about our Heavenly Father?