

A Psalm for the Anxious

Psalms for the Soul #3 - Pastor Gary Combs - May 27, 2018 - Psalm 91

Psalm 91:1-16 (ESV) ¹ He who dwells in the shelter of the Most High will abide in the shadow of the Almighty. ² I will say to the LORD, "My refuge and my fortress, my God, in whom I trust." ³ For he will deliver you from the snare of the fowler and from the deadly pestilence. ⁴ He will cover you with his pinions, and under his wings you will find refuge; his faithfulness is a shield and buckler. ⁵ You will not fear the terror of the night, nor the arrow that flies by day, ⁶ nor the pestilence that stalks in darkness, nor the destruction that wastes at noonday. ⁷ A thousand may fall at your side, ten thousand at your right hand, but it will not come near you. ⁸ You will only look with your eyes and see the recompense of the wicked. ⁹ Because you have made the LORD your dwelling place — the Most High, who is my refuge— ¹⁰ no evil shall be allowed to befall you, no plague come near your tent. ¹¹ For he will command his angels concerning you to guard you in all your ways. ¹² On their hands they will bear you up, lest you strike your foot against a stone. ¹³ You will tread on the lion and the adder; the young lion and the serpent you will trample underfoot. ¹⁴ "Because he holds fast to me in love, I will deliver him; I will protect him, because he knows my name. ¹⁵ When he calls to me, I will answer him; I will be with him in trouble; I will rescue him and honor him. ¹⁶ With long life I will satisfy him and show him my salvation."

How to experience relief from fearful anxiety:

1. Rest in the Lord's _____.

Matthew 11:28 (NLT) Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.

Philippians 4:4-8 (NIV84) ⁴ Rejoice in the Lord always. I will say it again: Rejoice! ⁵ Let your gentleness be evident to all. The Lord is near. ⁶ Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. ⁸ Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

2. Abide in the Lord's _____.

John 15:7 (ESV) If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you.

3. Trust in the Lord's _____.

2 Corinthians 1:20 (NIV) For no matter how many promises God has made, they are "Yes" in Christ. And so through him the "Amen" is spoken by us to the glory of God.

Matthew 6:31-34 (ESV) Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' ... your heavenly Father knows that you need them all. But seek first the kingdom of God and his righteousness, and all these things will be added to you. Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

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.