

Do Not Be Afraid

Psalm 139

Psalm 139:23-24

Search me, O God, and know my heart;
Try me, and know my anxieties; And
see if *there is any* wicked way in me,
And lead me in the way everlasting.

Psalm 139:1-4

O LORD, You have searched me and known *me*. You know my sitting down and my rising up; You understand my thought afar off. You comprehend my path and my lying down, And are acquainted with all my ways. For *there is* not a word on my tongue, *But* behold, O LORD, You know it altogether.

Fear of not being understood, being alone, or not visible

O LORD, You have searched me and known *me*. You know my sitting down and my rising up; You understand my thought afar off. You comprehend my path and my lying down, And are acquainted with all my ways. For *there is* not a word on my tongue, *But* behold, O LORD, You know it altogether.

Fear of not being understood,
being alone, or not visible

Matthew 14:25-27

Genesis 3:8-10

Psalm 139:5-6

You have hedged me behind and
before, And laid Your hand upon me.
Such knowledge *is* too wonderful for
me; It is high, I cannot *attain* it.

Fear of being unprotected or not cared for

You have hedged me behind and
before, And laid Your hand upon me.
Such knowledge *is* too wonderful for
me; It is high, I cannot *attain* it.

Fear of being unprotected or not cared for

Deuteronomy 20:2-4

Numbers 14:7-9

Psalm 139:7-12

Where can I go from Your Spirit?

Or where can I flee from Your presence?

If I ascend into heaven, You *are* there;

If I make my bed in hell, behold, You *are*
there.

If I take the wings of the morning,

And dwell in the uttermost parts of the sea,

Psalm 139:7-12

Even there Your hand shall lead me,
And Your right hand shall hold me.

If I say, “Surely the darkness shall fall on
me,” Even the night shall be light about me;
Indeed, the darkness shall not hide from
You, But the night shines as the day;
The darkness and the light *are* both alike *to*
You.

Fear that God will not be with you in a dangerous place

Even there Your hand shall lead me,

And Your right hand shall hold me.

If I say, “Surely the darkness shall fall on me,”

Even the night shall be light about me;

Indeed, the darkness shall not hide from You,

But the night shines as the day;

The darkness and the light *are* both alike *to You*.

Fear that God will not be with you
in a dangerous place

Joshua 1:9

Jonah 1:1-3a

Psalm 139:13-15

For You formed my inward parts;
You covered me in my mother's womb.
I will praise You, for I am fearfully *and*
wonderfully made; Marvelous are Your
works, And *that* my soul knows very well.

My frame was not hidden from You,
When I was made in secret,
And skillfully wrought in the lowest parts
of the earth.

Fear of not being good enough,
strong enough, qualified or able to
complete a task

For You formed my inward parts;
You covered me in my mother's womb.
I will praise You, for I am fearfully *and*
wonderfully made; Marvelous are Your works,
And *that* my soul knows very well. My frame
was not hidden from You, When I was made in
secret, *And* skillfully wrought in the lowest parts
of the earth.

Fear of not being good enough,
strong enough, qualified or able to
complete a task

John 9:1-3

Exodus 4:10-12

Psalm 139:16

Your eyes saw my substance, being yet
unformed.

And in Your book they all were written,
The days fashioned for me,
When *as yet there were* none of them.

Fear of my past and an unknown future

Exodus 3:11

Luke 1:30,38

Psalm 139:17-18a

How precious also are Your thoughts to me,
O God! How great is the sum of them!
If I should count them, they would be more
in number than the sand

Fear that God does not care about me

How precious also are Your thoughts to me,
O God!

How great is the sum of them!

If I should count them, they would be more
in number than the sand

Fear that God does not care about me

1 John 4:9-10

John 10:10

Psalm 139:18b

When I awake, I am still with You.

Fear that God will leave you

When I awake, I am still with You.

Fear that God will leave you

Romans 8:35, 37-39

Psalm 139:19

Oh, that You would slay the wicked, O God! Depart from me, therefore, you bloodthirsty men. For they speak against You wickedly; Your enemies take *Your name* in vain. Do I not hate them, O LORD, who hate You? And do I not loathe those who rise up against You? I hate them with perfect hatred; I count them my enemies

Fear that the wicked will win

Oh, that You would slay the wicked, O God! Depart from me, therefore, you bloodthirsty men. For they speak against You wickedly; Your enemies take *Your name* in vain. Do I not hate them, O LORD, who hate You? And do I not loathe those who rise up against You? I hate them with perfect hatred; I count them my enemies

Fear that the wicked will win

1 Samuel 13:5-15

Matthew 14:28-31

Psalm 139:23-24

Search me, O God, and know my heart;
Try me, and know my anxieties;
And see if *there is any* wicked way in me,
And lead me in the way everlasting.

What is your fear

- Ask God to reveal it
- Confess it
- Let God lead you in courage