

“Overcoming The Fear of Circumstances”

Psalm 46

Sermon Series: “Fear[Less]”

Introduction: How can we overcome this crippling fear of our circumstances? It is by looking to God and His Word. Let’s see what Psalm 46 has to say to us about this. But to truly understand it, we have to understand the historical backstory of the Psalm. They were facing worse circumstances than even us today. This story is found in 2 Kings 18-19 and 2 Chronicles 32. They were being invaded by Sennacherib and a 185,000 man Assyrian army, which was the most ruthless and feared army in the world.

What did King Hezekiah do in response?

So how do we overcome the fear of our circumstances? The key is truth.

Here are some convictions that will enable us to overcome the fear of circumstances:

1. We experience that God is enough when God is all that we have (v. 1).

Charles Spurgeon wrote, “God alone is our all in all. All other refuges are refuges of lies, all other strength is weakness, for power belongeth unto God; but as God is all-sufficient, our defense and might are equal to all emergencies”...”He has been tried and proved by his people. He never withdraws himself from his afflicted. He is their help, truly, effectually, constantly; he is present or near them, close at their side.”

2. When the battle is too big for us, it is just the right size for our God (v. 2-9).

Troubles: “Straits, distress. It indicates intense inner turmoil (Ps 25:17). It describes the anguish of a people besieged by an enemy. It is comparable to the pain of a woman bearing her first child (Jer 4:31). It refers to terror at the approach of a raping army (Jer 6:24). It defines the quality of time when Judah suffers her severest punishment for violating the covenant (Jer 30:7; cf. Ps 78:49).” (TWOT)

-v. 2-4 and relate it to Sennacherib threat

-v. 5 and God’s timing

3. Shift our focus from, “What are our circumstances?” to “Who is our God?”.

Who is He?

- A. He is our Protector.
- B. He is our Strength.
- C. He is our help.
- D. He is always present with us.
- E. He is our all-sufficient resource.
- F. He is Sovereign.
- G. He is glorious.

Craig Groeschel summarizes all of this by saying, “He’s big enough to control the whole world and loving enough to care about you.”

4. Stop trying to control everything and by faith surrender control to the Lord (v. 10). Control is an illusion. God is in control and gives us grace for today. We create many of our problems by worrying about things we can’t control or that are possibly in the future.

Conclusion: 2 Chronicles 32:7-8