

**THE WEEK OF
March 8th, 2010**



**Jesus Vs. Crippling Fear
Part 3
Psalm 46**

God is our refuge and strength, A very present help in trouble. Therefore we will not fear, Even though the earth be removed, And though the mountains be carried into the midst of the sea; Though its waters roar and be troubled, Though the mountains shake with its swelling.

Psalm 46:1-3

I can remember the first time I watched a movie that terrified me. I was about 8 years old. Something woke me in the early morning hours, and I couldn't fall back asleep. I thought that instead of lying in bed I should go to the living room and turn on the TV in hopes that it would put me back to sleep. Earlier that evening, my parents had left the cable box tuned to HBO, and as I turned on the TV, I noticed that a movie was just beginning. Not knowing what it was I began to watch... Children of the Corn, a horror movie!

Needless to say I was terrified! I knew it was bad early on, but I was too afraid to turn it off. I was afraid to watch, but now I had a fear that, based on the horror unfolding on the TV, something horrible would happen to me on my way back to my bedroom. Somehow, I was taking comfort in the light cast from horror movie. The only thing I could think to do was look away from the TV and look at the floor instead.

Now, as an adult I realize that there was no physical danger present and that all I needed to do was turn on the light, turn off the TV, and go to bed. How is that like my life today? Are there things that overwhelm me, and all I can think to do is not look directly at them? Is there sin in my life that needs to be dealt with? Am I just too afraid of turning on the true light that I settle for the dim hope cast by the TV?

It's easy for me to focus on my problems. How am I going to pay the bills this month? Am I teaching my kids enough about Jesus? Am I failing as a husband? All of these are important things to think about. The important first step is to remember that God is in control of all. It is best said in Psalm 46, "Be still, and know that I am God."

Let's all practice that this week. When the floods and trials come, and they will; let's hold each other accountable to be still, and know that He is God.

Read the Proverb and the section of Psalm 119 that corresponds with the calendar day *example:*
If it's the 1st day of the month, read Proverbs 1 and Psalm 119:1-8 (Aleph)

Mon: Psalm 46
Tue: Psalm 3
Wed: Psalm 27
Thu: Psalm 56
Fri: Psalm 91

Discussion Questions for Bible Café:

1. Name some recent events in your life that have captured your gaze and made you forget the sovereignty of God. How has this affected your spiritual walk?

2. Name some recent events where you were victorious over fear because of the strength and comfort of the Holy Spirit and the knowledge of God's sovereignty. How has this witnessed to others?

Prayer Requests of your Bible Café brothers (on back):