

## **The Lord Is My Light and My Salvation**

**Psalm Of David.**

**Shine the light on fear.**

**We as God's people must shine his light on our paths exposing our fears, so that we may dwell more richly with the King!**

### **Psalm 27**

The Lord is my light and my salvation; whom shall I fear? The Lord is the stronghold<sup>[a]</sup> of my life; of whom shall I be afraid?

**2** When evildoers assail me to eat up my flesh my adversaries and foes, it is they who stumble and fall.

**3** Though an army encamp against me, my heart shall not fear though war arise against me, yet I will be confident.

**4** One thing have I asked of the Lord, that will I seek after that I may dwell in the house of the Lord all the days of my life to gaze upon the beauty of the Lord and to inquire in his temple.

**5** For he will hide me in his shelter in the day of trouble; he will conceal me under the cover of his tent; he will lift me high upon a rock.

**6** And now my head shall be lifted up above my enemies all around me and I will offer in his tent sacrifices with shouts of joy; I will sing and make melody to the Lord.

**7** Hear, O Lord, when I cry aloud; be gracious to me and answer me!

**8** You have said, "Seek my face." My heart says to you, "Your face, Lord, do I seek."<sup>[e]</sup>

**9** Hide not your face from me. Turn not your servant away in anger, O you who have been my help. Cast me not off; forsake me not, O God of my salvation!

**10** For my father and my mother have forsaken me, but the Lord will take me in.

**11** Teach me your way, O Lord, and lead me on a level path because of my enemies.

**12** Give me not up to the will of my adversaries; for false witnesses have risen against me, and they breathe out violence.

**13** I believe that I shall look<sup>[f]</sup> upon the goodness of the Lord in the land of the living!

**14** Wait for the Lord; be strong, and let your heart take courage; wait for the Lord!

## Natan Sharansky?

Natan Sharansky was a Jewish man who wished to be allowed to leave the Soviet Union. In 1973 he tried to get out for 3 years and was denied right of passage each time. In 1977 the KGB accused him of being an American spy and sent him to the Gulag where he spent 9 long years. Days before his arrest his wife sent him a copy of the book of Psalms which he was able to keep with him at his arrest. Once entering the prison his book was confiscated. He eventually was able to convince the KGB that it was a book of folklore as it was written in Hebrew and they could not read it. Natan did not read Hebrew very well but he began to read it, study it, and write it down. Eventually he got to the point where he could understand the book. The Psalm book was his one tie to his wife and culture so it was very important for him to keep it. Natan said *“The reading of the Psalms not only reinforced our bond but also demystified their author. King David now appeared before me not as a fabled hero or as a mystical superman but as a live, indomitable soul – tormented by doubts, rising against evil, and suffering from the thought of his own sins.”*

There were times in prison that the KGB would take it from him but he always managed to get it back, sometimes not eating for days until the guards relented. In 1986 the KGB traded Natan for some other prisoners and when Natan was arriving at his plane to leave the Soviet Union he asked the guard *“Where’s my Psalm book?”*

*“You received everything that was permitted,” answered the intellectual in an unexpectedly rough tone. He signaled to the tails to take me away. I quickly dropped to the snow.*

*“I won’t move until you give me back my Psalm book.” When nothing happened, I lay down in the snow and started shouting, “Give me back my Psalm book!”*

*The photographers were aghast, and pointed their cameras to the sky.*

*After a brief consultation the boss gave me the Psalm book. I got up and quickly mounted the ramp. And he read **Psalm 30 1 I will extol you, O LORD, for you have drawn me up and have not let my foes rejoice over me. 2 O LORD my God, I cried to you for help, and you have healed me. 3 O LORD, you have brought up my soul from Sheol; you restored me to life from among those who go down to the pit.***

In a dark world of suffering and injustice, one small black book gave light to the imprisoned Sharanksy. It was a reminder of his Jewish heritage. It was a reminder of his wife, Avital, who gave him the book before his arrest. It was what provided him with the strength to survive those most terrible times.

1. Our confidence comes from the Lord./ Face fear by shining a light on it!
  - a. Face Fear by shining a light on it.
    - i. Vs 1-2 The Lord is my light and my salvation; whom shall I fear? The Lord is the stronghold of my life; of whom shall I be afraid?
      1. David in the time of fear faces it head on he declares “ the Lord is my light and my salvation” David was also called the light of Israel and is acknowledging where his light is from.
      2. Fear is the world of what if, in a dark and scary optimistic way, the things you hope never happen

David confronted it / gave himself a reminder and exposed fear for the lie that it is.

b. Practice your confidence over fear.

i. Vs3 When evildoers assail me to eat up my flesh, my adversaries and foes, it is they who stumble and fall. Though an army encamp against me, my heart shall not fear; though war arises against me, Yet I will be confident.

1. Confidence is learned in experience. You will be more confident when you go through some trials if you are always backing down to fear and not experiencing victory over fears in our lives “staying in our lane” then we won’t have the ability to walk through the difficult battles that we will have with fear. Riding a bike.

2. David had been through some things he had seen God bring him through some things he has learned to be confident in his God. It is an unrealistic expectation to believe that God is just going to take away our fears, take away our problems and make everything all good. ( David and Goliath 1 Samuel 17)

3. Though an army encamp against me, why does an army encamp? Why did Goliath taunt them? To bring fear of what is to come!

a. Do not allow fear to set up camp in your life, it wants to make you complacent not knowing what to do, scared to move in any direction afraid to make a wrong decision. When God says I am with you and we will walk together even when you go the wrong way. You need to step out so that you can practice your confidence. Shine his light in your darkness.

2. The single goal of life is to dwell with the Lord. Seek after his presence.

- a. vs4 One thing I have asked of the Lord, that I will seek after: that I may dwell in the house of the Lord all the days of my life, to gaze upon the beauty of the Lord and to inquire in his temple.
  - i. David wanted to dwell in the house of the Lord forever, he wanted to see the Lord walk with him, study, ask questions, and worship for eternity.
  - ii. What does fear tell you to do? It wants you to be in awe of what could happen, the things you don't want to happen keeping you away from Christ and holding you out of the presence of God.
  - iii. But David with fear shouting at him shines a light on fear, steps out with confidence into fear, and then makes the Lord BIG meaning that he knew that the bigger God was to him the smaller his problems became. Make God big in your hearts.
  - iv. When fear rises up stop, take a moment, pray, reflect, read the Bible, put your confidence in God. The work of fear is to separate you so when we stop and center ourselves back to God fear loses its grip.

### 3. Take shelter in the Lord.

**VS 5** For he will hide me in his shelter on the day of trouble; he will conceal me under the cover of his tent; he will lift me high upon a rock. **6** And now my head shall be lifted up above my enemies all around me, and I will offer in his tent sacrifices with shouts of joy; I will sing and make melody to the Lord.

- a. Where do we go to take shelter? Where do we go to recharge? Busyness, food, a particular hobby, some sort of addiction, maybe just friends or family?
- b. God wants to be with you; he wants you to seek him for shelter, to seek him for healing in times of trouble.
- c. He wants to lift your downcast head and show you where your enemies lie (beneath you)! Why

because you have Jesus! God has called us to see above, not scared of what is coming at us. Looking ahead at trials and trouble seeing the enemy for the liar he is, not succumbing to the fear of What If? When you are on the rock and your head is lifted you can see the things that your enemy is trying to keep you from and it makes it easier to go through the battles to get there.

- d. Now that our posture is correct we can say praise you Lord offer sacrifices of Joy and Song. Look above what the enemy is saying.

#### 4. God hears you.

**vs 7** Hear, O Lord, when I cry aloud; be gracious to me and answer me! **8** You have said, "Seek my face." My heart says to you, "Your face, Lord, do I seek."

- a. Don't believe it when fear tells you God is not listening. God hears you.... Do you hear God? David heard God vs.8 God told David "Seek my Face" and David says ok "your face, Lord do I seek!"
- b. We need to recognize answered prayer because when fear comes to the forefront we need to have experienced talking to God and being answered. Knowing that you can pray to God and he hears you will stamp out the fear. If we have God's direct line, watch out.
- c. David took time to listen for God. don't throw your wishlist at God, oh I mean prayer list at God and then that's it i'm done, wait, listen, be quiet, be still and listen.

#### 5. We all will be afraid.

**vs 9** Hide not your face from me. Turn not your servant away in anger, O you who have been my help. Cast me not off; forsake me not, O

God of my salvation! **10** For my father and my mother have forsaken me, but the Lord will take me in.

- a. David had fears, He witnessed Saul being cut off from God and he did not want that for himself.
- b. He also knew that if he sought after God that the Lord would take him in. Times may come when your friends and even your parents can't or won't help you.

## 6. Have a teachable heart.

vs **11** Teach me your way, O Lord, and lead me on a level path because of my enemies. **12** Give me not up to the will of my adversaries; for false witnesses have risen against me, and they breathe out violence.

- a. Be teachable when fear comes in, be able to go to God and say teach me not to Fear. Show me your way and put me on the right path. When we are scared we often look for the path of least resistance which is often the wrong choice.
- b. Give me not up. Pray this.
- c. There will be people in your life that will slander you and they look to destroy you with their words.
- d. Don't let fear of what might be said about you control your actions, don't let other people control you. Breathe out violence = a toxic person

## 7. Our Hope

vs **13** I believe that I shall look upon the goodness of the Lord in the land of the living! **14** Wait for the Lord; be strong, and let your heart take courage; wait for the Lord!

- a. What an awesome statement to know how great your God is, knowing of his goodness, and believing he will be with you.
- b. Be strong, let your heart take courage, fear is a battle of your and for your heart it will not be an easy fight but with his light shining on your path and you resting in his dwelling place it can be won.



Discussion questions:

- 1: What stood out to you in this sermon, and why?
2. What are you afraid of?
3. Do you understand that Jesus is your main source to overcome fear?
4. Are you actively pursuing a deeper relationship with the Lord?
5. What is the one thing / fear that only God can help you with?
6. What steps could you take to establish a greater desire to dwell with Jesus?
7. Are you looking for what Jesus brings to you? Or are you looking to see what you can bring to him?
8. Do you believe that David was any different than you in his ability to chase after God?
9. What can you share from this teaching with someone in your circle?

