

Psalm 56

Be gracious to me, O God, for man tramples on me;  
all day long an attacker oppresses me;  
<sup>2</sup> my enemies trample on me all day long,  
for many attack me proudly.  
<sup>3</sup> When I am afraid,  
I put my trust in you.  
<sup>4</sup> In God, whose word I praise,  
in God I trust; I shall not be afraid.  
What can flesh do to me?  
<sup>5</sup> All day long they injure my cause;  
all their thoughts are against me for evil.  
<sup>6</sup> They stir up strife, they lurk;  
they watch my steps,  
as they have waited for my life.  
<sup>7</sup> For their crime will they escape?  
In wrath cast down the peoples, O God!  
<sup>8</sup> You have kept count of my tossings;  
put my tears in your bottle.  
Are they not in your book?  
<sup>9</sup> Then my enemies will turn back  
in the day when I call.  
This I know, that God is for me.  
<sup>10</sup> In God, whose word I praise,  
in the LORD, whose word I praise,  
<sup>11</sup> in God I trust; I shall not be afraid.  
What can man do to me?  
<sup>12</sup> I must perform my vows to you, O God;  
I will render thank offerings to you.  
<sup>13</sup> For you have delivered my soul from death,  
yes, my feet from falling,  
that I may walk before God  
in the light of life.

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*After the talk today, there will  
be a short Q&A session, time  
permitting*

# FEEL THE FEAR AND DO IT ANYWAY

## Psalm 56

The antidote to fear...

### 1. Trust the Great God (v1-6)<sup>1</sup>

the God who is greater than people<sup>2</sup>

### 2. Pray to the faithful LORD (v7-13)

Pray for justice

...to the covenant LORD<sup>3</sup>

...who stands up for his precious child<sup>4</sup>

Next Week:  
Series: Spiritual health - problems & treatment  
Title: Discontentment (Hebrews 8:1-13)  
Speaker: Marcus Nodder

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<sup>1</sup> 1 Samuel 21.

<sup>2</sup> Romans 8:31.

<sup>3</sup> 1 Peter 2:23.

<sup>4</sup> 1 Peter 5:6.