



1 Samuel 22:1

²² David left Gath and escaped to the cave of Adullam. When his brothers and his father's household heard about it, they went down to him there.

1 Samuel 24:2-3

² So Saul took three thousand able young men from all Israel and set out to look for David and his men near the Crags of the Wild Goats.

³ He came to the sheep pens along the way; a cave was there, and Saul went in to relieve himself. David and his men were far back in the cave.

God _____ to Hear About My _____

Psalms 142: 1-2

¹ I cry aloud to the LORD; I lift up my voice to the LORD for mercy.

² I pour out before him my complaint; before him I tell my trouble.

3 EFFECTS ON A FEAR

DOMINATED HEART

1. Fear Drains My _____

Psalms 142:3 *³ When my spirit grows faint within me, it is you who watch over my way. In the path where I walk people have hidden a snare for me.*

2. Fear Makes Me Feel _____

Psalms 142:4 *⁴ Look and see, there is no one at my right hand; no one is concerned for me. I have no refuge; no one cares for my life.*

3. Fear _____ My Brain

Jesus is _____ Qualified to Be My _____!

Psalm 142: 5-7 ⁵ I cry to you, Lord; I say, "You are my refuge, my portion in the land of the living."

⁶ Listen to my cry, for I am in desperate need; rescue me from those who pursue me, for they are too strong for me.

⁷ Set me free from my prison, that I may praise your name. Then the righteous will gather about me because of your goodness to me.

SO WHAT DO I DO WHEN FEAR IS DRIVING MY HEART?

THE ONE THING

When I _____ Jesus, I Am

More _____ and Less _____.

1. Worship Multiplies My _____.

Psalms 57: 1-2 ¹ Have mercy on me, my God, have mercy on me, for in you I take refuge. I will take refuge in the shadow of your wings until the disaster has passed.

² I cry out to God Most High, to God, who vindicates me.

2. Worship Multiplies my _____.

Psalms 57: 3-4 ³ He sends from heaven and saves me, rebuking those who hotly pursue me— God sends forth his love and his faithfulness.

⁴ I am in the midst of lions; I am forced to dwell among ravenous beasts— men whose teeth are spears and arrows, whose tongues are sharp swords.

3. Worship Multiplies My _____.

Psalm 57: 5-6 ⁵ Be exalted, O God, above the heavens; let your glory be over all the earth.

⁶ They spread a net for my feet— I was bowed down in distress.

They dug a pit in my path— but they have fallen into it themselves.

4. Worship Multiplies _____ and _____.

Psalms 57: 7-11 ⁷ My heart, O God, is steadfast, my heart is steadfast; I will sing and make music.

⁸ Awake, my soul! Awake, harp and lyre! I will awaken the dawn.

⁹ I will praise you, Lord, among the nations; I will sing of you among the peoples.

¹⁰ For great is your love, reaching to the heavens; your faithfulness reaches to the skies.

¹¹ Be exalted, O God, above the heavens; let your glory be over all the earth.