// Reflection or Discussion Guide: **Psalm 27 —** from fear to wisdom, help, and faith

Heart Emotion: Fear **Big Idea**: Fear is a God-given alert to danger that invites us into God's presence, God's guidance, and renewed confidence.
Psalm 27 is like a "Confidence Club Sandwich" – you get three big declarations of confidence in God – and they bracket an honest assessment of circumstances and an honest admission of need. See if you can trace those movements in the 14 verses.

1. David's confidence (vv. 1–3)

• The LORD is my Light — God's truth and goodness that drive out darkness
• The LORD is my Salvation — rescue and deliverance
• The LORD is my Stronghold — refuge, safety, security
David names fear honestly while declaring trust in God.

2. The Messy Middle: Fear Faced, Felt, and Brought to God (telling the truth) (vv. 1-6)

The **Reality of Fear**: Threats are real. Fear alerts us to physical, emotional, and spiritual danger and often grows when we feel alone or isolated. As Chip Dodd says in *The Voice of the Heart,* the gift of fear is it invites wisdom and discernment (assessing options, making choices) and the need of fear is help (we are vulnerable, often feel alone in it, and need help).
The **Core Longing of the Heart**: At the deepest level, the heart longs for God's presence (v4-6). Fear becomes an invitation to discover that God is here, with me, now. To embrace reality and God's presence with us and for us. David is someone "preoccupied with God's person [presence] and his will [path]– this is the essence of worship, of discipleship." (Derek Kidner)[xii]

3. Help Asked & Confidence Renewed (vv. 7–14)

David prays honestly: Hear me. Be with me. Teach me. Help me.
Faith grows through lived experience and hopeful waiting on the LORD.

A Simple Path Through Fear

1. Feel it & face it — name your fear honestly
2. Tell the truth to God and others — discover you are not alone
3. Ask for help — admit your vulnerability/need, finding wisdom, guidance, & courage for next steps

Gospel Hope

Jesus faced his fear in Gethsemane – felt it, told the truth, asked for help. He trusted the Father and received courage for faithful obedience. Because Jesus was faithful for us, we have his presence to lead us and guide us.

Questions

1. What fear feels most present in your life right now?
2. When fear rises, do you tend toward anxiety and control – or honest admission? Why?
3. What does your heart want most when you are afraid—and how does Psalm 27 redirect that longing?
4. Which prayer do you need most right now: hear me, be with me, show me, help me?
5. What would it look like to trust wait for the LORD in one concrete step this week?

Practice for the Week Pray Psalm 56.3 daily: "When I am afraid, I will trust in you."