

From Fearful Anxiety To Joyful Thanksgiving

Psalm 56

Sermon Text Discussion 11/25/18

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Psalm 56

By Drew Hunter

Overview

Psalm 56 shows us the shift from anxiety to thankfulness and it shows us how that shift can happen in our own souls.

1. The Situation
2. The Shift
3. The Truth
4. The Result

Quotation

“Thanksgiving is a declaration of war against the default tendency of our souls.” Drew Hunter

“When we’re anxious and worried, this is what we need. We need a fresh act of faith that is in defiance of our emotional state. David was afraid, and he didn’t let that emotion rule him. He fought it by faith. He trusted God’s word and his heart and his promises. And he defied his emotions.” Drew Hunter

Understanding & Application

1. What are the dominant themes of Psalm 56? In light of what was going on in David’s life at the time of his writing this Psalm, why are these themes striking?
2. Why is thanksgiving a declaration of war against the default tendency of our souls? In other words, how is sin the opposite of thanksgiving?
3. How did Drew define anxiety? Think about a recent anxiety you’ve felt and ask yourself, “what do I fear losing; what do I fear that I’m going to miss out on?”
4. How can our hearts change even when our circumstances don’t change? Look at verses 3-4 and 10-11: What is the key word that David hinges on? What does it mean that anxiety is fundamentally a faith issue?
5. What does it mean that faith functions in degrees? Relate this to Matthew 6:25-34.
6. What four word phrase did Drew encourage us to memorize? (Hint: It’s in Verse 9) Read Romans 8: 31-24 and explain the logic of Paul’s argument.
7. We see that David believed in very specific things about God. What were those things? How should we as Christians be prepared to fight our own anxieties?