

## **Overcoming Your Fears: Seeking**

### **Intro:**

"Anxiety is... a God-given capacity for knowing that something bad is going on in your world."  
David Powlison (2 Cor 11:28)

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### **To dwell:** (Ps. 16:11, 23:6b, 84:1-3)

To dwell in the house of the Lord is to be where God's presence is.

David yearned for "the abiding consciousness of the Divine presence"  
(Maclaren)

### **To gaze:**

"A steadfast and penetrating contemplation" (Maclaren)

The beauty of the Lord is His "glorious excellencies" (Mathew Henry)

In Christ we see much more of the beauty of God with clarity (Jn 1:14, 18)

### **To inquire:**

To inquire is to meditate or contemplate (Ps 1:2)

Believers receive power from the contemplation of God in Christ (2 Tim 2:1)

From this David gained assurance (v5) and this yielded exuberant praise (v6)

### **How does this work?** (Matt 6:33, 19-20; Lk 10:38-41)

You are vulnerable to fear & anxiety when God is not what you cherish the most

### **How is this done?** (Ps 1:2; 119:27, 48)

A habit of the heart

George Mueller: "the first thing to be concerned about...how I might get my soul into a happy state, and how my inner man might be nourished."

Augustine: "the soul's ascent unto God"

- 1) Retentio: (retain) Distill a truth from Scripture
- 2) Contemplatio: (contemplate) Ask what does this tell me about God?
- 3) Dilecto: (delight) Relish what you see, praise God for it and apply it