

**Contrast: The Difference of a Life In Christ
How To Combat Faithless Fear and Panic
1 Samuel 21**

In 1 Samuel 21, we find two testimonies of the faithless fear and panic that temporarily consumed David's life:

- (1)** Out of faithless fear, David selfishly manipulated the High Priest of Israel with complete _____. (21:1-9)

- (2)** Out of panic, David irrationally ran to the Philistine King for help and ended up having to _____ like he was mentally insane to avoid being executed. (21:10-15)

"Nob is the place of David's unholy flight of fear, and Gath is the city of David's mad refuge. Few who have sought to follow Jesus Christ for any length of time have avoided these travel stops; most of us can recognize from our own experience the bitterness of what they represent." (R.D. Phillips)

Paul's instructions for combatting faithless fear and panic are:

- (1)** No matter what, _____ the Lord for who He is and what He's done. (Philippians 4:4)

- (2)** _____ all your feelings with God while reminding yourself that He has guaranteed an eternal future for us that is better than anything this world offers. (Philippians 4:5-6)

- (3)** _____, when you take refuge in Him, He will combat your fear. (Philippians 4:7)

- (4)** _____ a habit of only mentally dwelling on things that lead to life and wisdom rather than fear and panic, especially the Gospel. (Philippians 4:8)