

## Psalm 34:4, “I sought the LORD, and he heard me, and delivered me from all my fears.”

To remember the reference, think about how fear can bring us down so low that we are on hands and knees crying out to God. My mother would say that you are “down on all fours.” So when fear comes, cry out to God (“3”-The Trinity) while you are on “all fours” (4:4).



**FEAR – Fear is one of the strongest weapons Satan and his host uses to slow the walk of a Christian or get him to stop in his tracks. Fear can cause us to ignore God and heed our own thinking.**

2 Timothy 1:7 tells us that God does not give us the spirit of fear. Therefore when fear comes, you are under attack.

Habbakkuk 3:16-18 tells us how to respond when fear comes, rejoice.

“When I heard, my belly trembled; my lips quivered at the voice: rottenness entered into my bones, and I trembled in myself, that I might rest in the day of trouble: when he cometh up unto the people, he will invade them with his troops. Although the fig tree shall not blossom, neither shall fruit be in the vines; the labour of the olive shall fail, and the fields shall yield no meat; the flock shall be cut off from the fold, and there shall be no herd in the stalls: Yet I will rejoice in the LORD, I will joy in the God of my salvation.”

1 John 4:17-19, “Herein is our love made perfect, that we may have boldness in the day of judgment: because as he is, so are we in this world. There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love. We love him, because he first loved us.”

Here are some things I noted in this verse:

- Satan uses fear to quench our boldness
- When I’m afraid, it means I am at the wheel and God’s perfect love does not have control over my spirit. I must let go of the fear and let God be in control of me.
- To chase the fear away, focus on the reason or source of love: “We love him, because he first loved us.” Think upon all His acts of love towards you and let your head and heart be filled!

### Testimony of Natalie Bradley:

I had been feeling a lot of anxiety in the days leading up to giving birth and came to Psalm 34:4 in my Bible reading on the Monday before I had Maggie. Years ago I had this verse written on an index card in my office to get through another anxious time (the bar exam) but I had never fully committed it to memory. As I began meditating on it, a little tune came to mind so I turned on my recorder. Later that week I had to face the fact that my doctor may send me in to do a C section, something that scared me, but thinking on Psalm 34:4, I began to feel peace that the Lord was in control no matter how things turned out. A few days later I went into labor before I had to have surgery and that verse and that song became my focus during a difficult time of labor. My contractions had not been hard enough or frequent enough all day long and suddenly they became very hard and very close together. I was full of doubts whether I should bother going to the hospital but my husband said we're going. I could barely walk down the stairs and to the car but with every step I kept quoting Psalm 34:4 over and over. It was a great comfort and with every word I felt the Lord's presence with me. I could almost picture myself reaching hold of the Lord's hand and him carrying me away from my fear.

### Testimony of Sandra:

Prior to the birth of Natalie's third child, she shared with our ladies class her personal recovery over the miscarriage of her twins. Her hurt was real and yet as she shared her story and how God heard her cries and healed her heart, we also felt His love.

Weeks prior to delivery, I heard fear in Natalie's voice as she shared her concerns over her pregnancy. This pregnancy was different and something did not seem right.

Many a mother has woken in the middle of the night, feeling that something is not right. How this divine intervention works, we do not know. But we wake up, knowing that we must check on our child only to find they are running a high fever and need immediate attention.

During those days of concern, Natalie's doctor regularly checked the vitals of little Maggie. There were no signs of stress and all seemed well. Yet the nagging feeling that something was wrong seemed to prevail. Natalie cried out to the Lord and He comforted her heart with Psalm 34:4. She shared with me how He gave her a tune for the verse which she sang repeatedly to release her fears. We looked forward to the opportunity to be together so she might share with me this new God given scripture song. But the day of delivery came before we had the chance.

During delivery, she heard the doctors discuss that Maggie's umbilical cord was wrapped around her neck two times. Yet miraculously she was not struggling for breath nor blue in color, as if the prayers of the mother crying out to the God of creation was preventing harm to this precious child.

On the day of Maggie's birth, I had the privilege and honor to not only hear the full story but record Natalie singing Psalm 34:4 as she lovingly poured her heart out to her newborn daughter in song.