

“Trusting in God When Afraid”

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Little Boy Jumping Into His Father's Arms - Psalm 56:3 - 123RF Photo - Used under license

"When I am afraid, I will put my trust in You. In God, whose word I praise, In God I have put my trust; I shall not be afraid. What can mere man do to me?" (Psalm 56:3-4)

"Trust and confidence in the Lord is the best antidote against fears" -- John Gill (1697-1771) ([Ref. 1](#), [Ref. 2](#)).

Consider. On a scale from 1 to 10, with 10 being the highest, how would you rate yourself for trusting in God when you are afraid?

Biblical Background. David wrote [Psalm 56](#) during one of the lowest points in his life. Saul, the king of Israel, was determined to kill David

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([1 Samuel 20:30-33](#)). Even though Jonathan, Saul's son, and David were close friends, Jonathan advised David to flee from Saul ([1 Samuel 20:41-42](#)). David came to Nob to Ahimelech, the priest ([1 Samuel 21:1](#)). David lied to Ahimelech about the purpose of his visit ([1 Samuel 21:2](#)). David received from Ahimelech consecrated bread and the sword of Goliath ([1 Samuel 21:6](#), [1 Samuel 21:9](#)). David arose and "fled that day from Saul" to Achish king of Gath, a city in Philistine territory ([1 Samuel 21:10](#), [Ref. 3](#)).

Gath was the home town of Goliath ([1 Samuel 17:4](#)). David had killed Goliath in battle ([1 Samuel 17:41-49](#)). David now had the sword of Goliath with him. The servants of Achish knew of David's reputation. "Is this not David the king of the land? Did they not sing of this one as they danced, saying, 'Saul has slain his thousands, And David his ten thousands'?" ([1 Samuel 21:11](#)). The scripture says "David took these words to heart and greatly feared Achish king of Gath" ([1 Samuel 21:12](#)). David then "disguised his sanity before them, and acted insanelly" ([1 Samuel 21:13](#)).

When I Am Afraid, I Will Put My Trust in You. Despite David's fear and troubled emotional state, David makes an astounding declaration about trusting in God when he was afraid. "When I am afraid, I will put my trust in You. In God, whose word I praise, In God I have put my trust; I shall not be afraid. What can mere man do to me?" ([Psalm 56:3-4](#)). David repeats his declaration of trust in [Psalm 56:11](#), "In God I have put my trust, I shall not be afraid." Note the subtle change in tense from "I *will* put my trust" in [verse 3](#) to "I *have* put my trust" in [verse 11](#).

David openly admitted his human emotion of fear, of being afraid.

David, despite his imperfect life and his fear, provides us an example to follow when we are afraid. David states that when he is afraid (literally "in the day," or occasion, of his fear) that he will put his trust (confidence) in the Lord ([Psalm 56:3](#), [Ref. 4](#), [Ref. 5](#), [Ref. 6](#)).

David frequently wrote in the Psalms about trusting in God. I suggest you will find encouragement and strength when you read these verses. Refer to "Bible Verses About Trusting in God" ([Ref. 7](#)).

David recognized that the remedy, the antidote, for fear is to trust in God. Despite his imperfections, David put his confidence in God and in God's care. Will you do the same?

Apply. If you are afraid today, pray to God. Ask God to take away your fear. Ask God to strengthen you and to help you put your complete trust in him. Thank him for his work in you to deliver you from your fear and for taking care of your concerns. Keep on trusting in God.

Suggested Listening. Listen to Alan Jackson's Official Music Video, "'Tis So Sweet to Trust in Jesus (Live)."

For More Reading on This Topic. For more scriptures that help to counter fear and anxiety, check these resources:

- "Bible Verses About Trusting God" (Ref. 7)
- "The Remedy for a Troubled Heart (John 14:1)" (Ref. 8)
- "'Fear Nots' of the Old Testament" (Ref. 9)
- "'Fear Nots' of Jesus" (Ref. 10)
- "'Fear Nots' of Angels in Luke" (Ref. 11)

References

1. <https://biblehub.com/commentaries/gill/psalms/56.htm>
2. [https://en.wikipedia.org/wiki/John_Gill_\(theologian\)](https://en.wikipedia.org/wiki/John_Gill_(theologian))
3. <https://biblehub.com/hebrew/1661.htm>
4. <https://biblehub.com/hebrew/3117.htm>
5. <https://biblehub.com/commentaries/ellicott/psalms/56.htm>
6. <https://biblehub.com/hebrew/982.htm>
7. <http://www.ScriptureWay.com/bible-verses-about-trusting-in-god>
8. <http://www.scriptureway.com/home/the-remedy-for-a-troubled-heart-john-141>
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