

Prestonwood Connection

Living In The Shadow Of The Almighty #4

Courage

Psalm 27

Wednesday, September 10, 2003 • Dr. David McKinley

[Dr. McKinley, message *Courage In The Shadow Of The Almighty*] < 352 >

Psalm 27 is the very powerful backdrop of the words of that song. It's also the text of the message that I want to share with you tonight and while that song is a fabulous song that is sung with strength and with energy and with confidence, the Psalm from which this song was written was a Psalm that was written in a time of need and a time of weakness in the life of David the King of Israel. I want us to read together Psalm 27 as we begin our study tonight and I trust that these words will be words that will strengthen and encourage your heart and your life. Psalm 27:1 says:

¹The LORD is my light and my salvation; Whom shall I fear? The LORD is the strength of my life; Of whom shall I be afraid? ²When the wicked came against me To eat up my flesh, My enemies and foes, They stumbled and fell. ³Though an army may encamp against me, My heart shall not fear. And though war may rise against me. In this I will be confident. ⁴One thing I've desired of the LORD, That will I seek; That I may dwell in the house of the LORD All the days of my life, To behold the beauty of the LORD, And to inquire ~~in His trouble~~...in His temple, ⁵For in the time of trouble He shall hide me in His pavilion; In the secret place of the His tabernacle He shall hide me; And He will set me high upon a rock. ⁶And now my head shall be lifted up above my enemies all around me; Therefore I will offer sacrifices of joy in His tabernacle; I will sing, yes, I will sing praises to the LORD. ⁷Hear, O LORD, when I cry with my voice! Have mercy also upon me, and answer me. ⁸When You said, "Seek My face," My heart said to You, "Your face, LORD, I will seek." ⁹Do not hide Your face from me; And do not turn Your servant away in anger; You have been my help. Do not leave me nor forsake me, O God of my salvation. ¹⁰When my father and my mother forsake me, Then the LORD will take care of me. ¹¹Teach me Your way, O LORD, And lead me in a smooth path, because of my enemies. ¹²Do not deliver me to the will of my adversaries; For false witnesses have risen up against me, such as breathe out violence. ¹³I would have lost heart, unless I had believed That I would see the goodness of the Lord In the land of the living.

And then verse 14:

Wait on the LORD; Be of good courage, And He shall strengthen your heart;

Wait, I say, on the LORD!

This Psalm speaks to one of the most cutting edge issues of life. It speaks to the issue of fear and if there's anything that is a common denominator of experience for every one of us in this room regardless of our educational a..., experience, regardless of our economic well being, regardless of what our ethnic background or cultural background may be. The one thing that we all share as a common denominator is the issue and the challenge of dealing with fear in life and so grave is the force of fear that it can literally become a totally controlling influence in life. Fear can simply be a distraction something that just is a little agitation in my mind and just beneath the surface of my life. But fear can actually become a major source of emotional and spiritual and even physical disturbance in my life if it is left unchecked. And therefore here in this Psalm, David begins to address the issue of fear and the fear factors that surround us in life and he begins to call out to the Lord and to talk about the need to have strength and to have courage in the face of fear.

Now for those of you who grew up in my generation and for those of you who have had the opportunity of video and DVD you know that cowardess has a face in our generation. It the lion, the lion who was intended to have [congregation laughter] heart and courage. It's hard to believe that was one of the most affectionate figures of our childhood, but it truly was. [pause for congregation laughter] And you remember that the lion's problem was that he simply did not have the badge of courage, that which should have been so much a part of his character was so much absent from his life and he was afraid of everything. And while God desires that we would be a people who have a heart, who have a boldness, who have a courage; the reality is, is that so many of us are struggling with fear and with anxiety. Interestingly enough our word courage comes from a French root and the French word literally means "heart." When I fear I do not have heart, I loose my heart, I do not have confidence, I do not have assurance and it's amazing how many people are struggling with cowardess and with fear. We do not have confidence in life and we are loosing heart. In fact the word discourage simply means to loose heart. If you add the dis-prefix to courage you no longer have courage, which is a full heart, a whole heart you are loosing heart and I know that tonight here in front of me are people all around who are struggling with the battle of discouragement in life.

There was a day in our nation when another kind of terror had brought discouragement in America. In 1933, economic ruin and the terror of economic disaster overshadowed American and in communities and families hopelessness was growing and uncertainty was flourishing and fear had become a fortress in the home of the brave. But at that time President Franklin Delano Roosevelt took to the airways and took in a message to the people of America and at that time, he, in the midst of those dark clouds of fear and of discouragement stood up and made this statement that is now forever etched into the memory of American history.

"The only thing we have to fear...

Can you finish it with me?

...is fear itself."

Because fear in and of itself can create such terror and trauma in life that it destroys the very well being of life and yet by casting that vision of breaking away from fear and beginning to address the needs of the nation. Our president helped to unseat fear, to mobilize America and to see a new day and we, of course, have been the beneficiaries of some of those great day of prosperity since that time. But whether it's a nation or a family, whether it's my life or your life, the reality is, is that the presence of fear and the absence of courage is something that we are all dealing with in life.

Abrose Redmoon said:

"Courage is not the absence of fear, but rather the judgment that something else is more important than fear."

And I would submit to you tonight that, that very thing is the thing that David the psalmist gives us here. It's not that we do not have fear, it's that we can become conscious of something that will put our fears to rest and that's why at the beginning of this wonderful Psalm David declares:

The LORD is my light and my salvation; Whom then shall I fear?

And tonight I wanna tell you that you can take care of courage, because the Lord can be the very strength of your life. Now as we look at this Psalm tonight I want us to look at it and to examine it in several ways.

First I want us to simply look at and to consider the fact that courage is **CHALLENGED IN THE CRISIS OF LIFE'S CIRCUMSTANCES**. Courage, this value, this virtue that is so important to have for the well being of life is something that is constantly being challenged in the crisis of life's circumstances, the things that happen to me, the things that happen to you, the things that happen to us in our communities and in our nation are ultimately things that we cannot predict, but are things that we have to face. Here in verse 2 and 3 David talks about the wicked coming up against him, his enemies and his foes, an army that encamped around him and he said that:

...war may rise against me, but in this I will be confident.

We're not really sure what this moment or life experience was for David. We can study the Scripture and we can make parallels and we can make some educated guesses. There are at least 3 chapters in the life of David that certainly could be reflected in the words that were written here, in the expression of his heart from these Psalms. One of them would have been in 1st Samuel chapter 17, the experience of David with Goliath. David had to face a overwhelming obstacle in his life. And you remember the story of

how David a little shepherd boy had to deal with the obstacle of this giant who had intimidated and who had withstood and, and who ultimately had a..., brought fear and anxiety into the hearts of the nation of Israel and David, a little boy, against the odds, stood up and took a stand and overcame that giant. Tonight in your worship guide you can read the testimony of Matthew Trogon and Duffy Johnson, 2 young men in our single adult ministry here. I ~~met the op...~~ had the opportunity of meeting Trog tonight. That's what he goes by, Trog, before the service tonight and I tell you I'm so proud of these young men and the story that they share here tonight through their lives of how in their job they found themselves at a crossroad of their values and of what was right and what was wrong and took a stand and worked through the process and saw God move on their behalf. That's what David did when he faced an overwhelming obstacle and when he was facing overwhelming odds. And so certainly David could have been referring to the situation with Goliath. He could have been referring to the situation with Saul. Saul who was the King of Israel who turned against God and who ultimately shamed the people of Israel with a king who actually was aggressive as an adversary, who was an enemy and pursued David and in the book of 1st Samuel you can read the experience of David being pursued by Saul. And some of us are facing risk and resistance and opposition in life. And then there's also the possibility that what is described in 2nd Samuel 13 thru 18 of David's own son Absalom. Absalom the son that he loved and that he cherished was a young man who rebelled against his father who was the king, who led a revolt and a rebellion and ultimately David had to flee from the throne and from the city of Jerusalem. And there was a family feud, a conflict in relationships that struck fear to his heart and undermined the very foundation of his kingdom. I don't know which if any of these or all of these were the backdrop. But what I know is that any one of these, whether it's overwhelming obstacles in life or aggressive adversaries or family feuds of anything else that you could add to it. The reality is, is that there are things in life, the crisis of life that tend to test and to challenge our fears.

Psychologists tell us that there are at least 4 areas, 4 categories of fear in life that every one of us struggles with. They've said that there is the fear of want, there is the fear of suffering, there is the fear of failure and there is the fear of death. The fear of want, the future, what do I have, what do I not have? What do I think I need to make life work? What am I anxious about? Whose gonna like me, whose not going to like me? The fear of want. And then we talked about, also there, the fear of suffering. What if I get sick? How will I face disease? And many of us spend our lives anxious and uncertain because every day new medical reports and new risk factors come out. And we're tryin to figure out what to eat and what not to eat. And we're about all ready to decide that you're just supposed to fast. [pause for congregation laughter] And we do it for a day and then we go back to fast food and that's the other day in life. And so we go through this combination of fasting and fast food and doesn't do us a bit of good, [slight congregation laughter] but we continue to do it. And then there's the fear of failure, the fear of failure. Heh!

I heard about a young police officer, he was a recruit, he was taking an exam trying to pass the test and to get finally certified and qualified to get on the streets and they said: "What would you do if you had to arrest your own mother?" and he said, "I'd call for backup." Heh! [pause for congregation laughter] The fear of failure. And then there's the fear of death, the reality, the vulnerability of death. You see now, there are fears that are certainly normal fears, fears that help us to be more responsible and fears that help us to be cautious. But the reality is, is that fear is something that is factored into life and just as David who gave expression to his fears here, every one of us could give a, an expression to a list of anxieties and of fears and of circumstances. It might not be the tent of the enemy encamped around me. But it could be looking at my checkbook, it could be thinking about my family, it could be looking at the future, it could be looking at the ~~job-mark~~...job market, it could be looking at the stock market. It could be any of those things, but the reality is, is that courage is challenged in the crisis of life's circumstances. And that, of course, is what terror is all about. Terror is to bring crisis in the circumstances of life so that we do not have courage, but we have fear. So we move from the fact that courage is challenged in the crisis of life's circumstances,...

...to the 2nd thing that I want you to see tonight and that is that courage is **ROOTED IN A PERSONAL RELATIONSHIP WITH GOD**. While fear is present and abundant and real and common, the fact of the matter is, is that David tonight expresses that there is a courage that can be had in life, it's a courage that opens this Psalm and it's the courage that says:

The Lord is my light and my salvation; Whom then shall I fear?

The thing I love about this passage of Scripture is the emphasis on the personal pronouns. Just look at it again:

*The Lord is **MY** light...*

*The Lord is...**MY** salvation...*

*Whom shall **I** fear? The Lord is the strength of my life; Of whom shall **I**...*
< turn tape >

There's a relationship with God, that David expresses and it is out of that relationship with God in which we find the very roots of everything that provide courage in live. God to David was not some distant deity. He wasn't some religious relic or some ritual creed that he went through. He wasn't simply someone that he referred to in passing and, and hoped to try to understand in a mystery. He talked about a relationship with God that was described as being light and being salvation. And that's so vivid because I would suggest that probably one of the greatest sources of fear is darkness. If there's anything that we all fear it's the fear that comes in the dark. And yet the Bible describes the relationship with God as being one that takes us out of the darkness and takes us into the light

and we are able to have light in the presence of God and to have a light that, that illumines the darkness of life and while I can't explain everything and don't understand everything, I walk in the light. But I also have a life experience called salvation and salvation is the word that, that the Bible uses to describe God's work on our behalf and it's what God has done to bring us into relationship with Himself and so the fear of life and of darkness is removed because I now have light in, in my relationship with God and the fear of being lost is gone because I now have salvation in my relationship with God.

Charles Haddon Spurgeon said:

"Salvation finds us in the dark but it does not leave us there. It is not said, merely that the Lord gives life but that He is life, not that He gives salvation but that He is salvation."

That's exactly what the New Testament tells us. In the book of John, chapter 1, verse 1, the Bible says:

¹In the beginning was the Word, and the Word was with God, and the Word was God. ²The same was in the beginning with God. ³All things were made by Him, and without Him there was not anything made that was made. ⁴In Him was life, and this life was the light of men. ⁵And the light shined in the darkness, and the darkness did not comprehend it.

Who is this Word? Who is this light? Well, the Bible makes it clear, His name is Jesus and Jesus is the light of God, the light that illumines the darkness of life and I don't have to live in the fears and the shadows of darkness, not of death, not of sin, not of sickness, not of anything because I have the light of Jesus Christ. But the Bible goes on to say in chapter 3 of that same book of John, verse 17:

"For God did not send His Son into the world to condemn the world, but that the world through Him might be..."

Do you know what the word is?

"...saved."

Salvation, it's in Jesus and Jesus came that the condemnation might be taken away and that we might be able to experience the light and the reality of salvation in life. It's all a part of a relationship with God. And that's why it's so important in this world that we proclaim and that we testify and that we speak and that we persuade people to put their faith and trust in Jesus Christ. Because only when you can say:

The Lord is my life and my salvation;...

Can you then you then say:

...Of whom will I be afraid?

Our world is living in fear because it does not know the light and it does not have salvation. So courage is challenged by the crisis of life's circumstances, but courage is rooted in a personal relationship with God and that relationship is found in His Son Jesus Christ.

But there's a 3rd thing that I want you to see here and that is that courage is **STRENGTHENED IN THE PRACTICE OF DAILY WORSHIP**. Not only is there the personal relationship that is amplified in verse 1, and the crisis of life that is seen in verses 2 and 3, but when you begin down in verse 4 and following to read this section of the Scripture you begin to see David as he is practicing the presence of God and as he is worshipping God and he's simply illustrating to us the fact that courage in life is not the ability to surpress my worries as much as it is the ability to focus my energies on worshipping God. Because courage is strengthened in the practice of daily worship. Listen to the words that shape the pursuit of God in his life, verse 4:

One thing I've desired of the Lord, That will I seek; That I may dwell in the house of the Lord All the days of my life, and behold the beauty of the Lord,...

He says, I am seeking God, I am pursuing God and it is in this pursuit of God that I have confidence, that I have courage and that I have strength. You see living in this world it's so easy to loose perspective and if I am not worshipping God I will be worrying about everything in my life. If I don't worship Him I'm gonna be a worrier. Because you see it is worship that enlarges my vision and it is worry that focuses my vision on my life, my needs and my circumstances.

It's a great big spotlight up there, actually a whole bunch of em lookin at me right now and those spotlights are probably about 8 to 10 inches in diameter. But I'm holding in my hand tonight a little dime and this is the smallest of the denominations that we have in money and currency today. But the amazing thing about this dime is, is that if I'll hold this dime up and put in front of my eye I can literally block out, not just one but, four of those lights that are up there shinning at me. Now, does that change the reality of those light up there? No! But it changes completely my perspective. So significant is this that I can even go out in the middle of the day at 12 o'clock noon, with bright sunlight and I could literally take and eclipse the brightness of the sun, 93 million miles away, intense in heat, incredible in potential for light and for life and yet I could block the entire sunlight from my eye with this dime. You see it's all the matter of perspective. What worry does in my life, is that worry eclipses me so that I do not see God. What worship does in my life is takes my worries and lets me look and live in the light of the power of God. And ladies and gentlemen in life the greatest thing that can happen to you is when you begin to be a person who on a daily basis pursues God in daily worship, because worship will enlarge your understanding in your life, your ability to embrace the truth of who God is and what God is like and therefore all of life and all of courage and all of virtue is

ultimately expressed and developed and expanded in life when I become a worshipped of the true and the living God. What is worship? Well let me suggest several things that I believe the Bible teaches us about worship. Let's just pull over for a few minutes here. This won't cost you anything but about an extra hour and a half, and [pause for congregation laughter] and you know I'm teasing. Ushers lock the doors! And a... [more laughter] I want you to see what the Bible tells us about worship.

The first thing that it tells us is that worship is **SEEKING** God above all things in my life. That's what he says:

One thing I've desired of the Lord, This thing I will seek;...

He says this is the passion, this is the purpose, this is the pursuit of my life and what real worship is, worship is seeking God above all things in my life. God desires worship from His people. Jeremiah chapter 29:13 says:

And you will seek Me and find me. When you search for me with all of your heart.

God is looking for wholehearted worshippers, not halfhearted worshippers, not a [yawns] oh, there's probably a god up there somewhere. [pause for congregation laughter] Don't laugh, a lot of you do that in church. Ha, ha, ha, ha. [more laughter] Now you can laugh at that, I see you do it, we all do. But you see it's so easy to be halfhearted. God is looking for wholehearted worship. Isaiah 55 in verse 6 says:

Seek the LORD while He may be found, Call upon Him while He's near.

God is available for the asking and for the seeking. But the reality is, is that most of us spend our lives seeking things and ignoring God and yet worship is seeking God, getting serious about Him, seeking Him, making time for Him, reflecting upon Him, reading His Word, listening to His voice, focusing on His character so that all of life is begun to be viewed through the lens of who God is and how God works.

Hudson Taylor a great Christian of another generation who founded the Inland China Missionary Organization said:

"It does not matter how great the pressure is. What really matters is where the pressure lies, whether it comes between you and God or whether it presses you nearer to His heart."

Are you faced with pressure right now? How are you dealing with it? Are you just letting the pressure press in on you, is your vision getting smaller and smaller, are your worries getting larger and larger, or are you beginning to seek God and let it press you to His heart? David said:

...I seek the Lord; That I may dwell in His house...that I may behold His beauty...

But don't think that this is just some sort of a go to church, stay at church, live at church, do nothin but church. Because in the very next verse he says:

For in the time of trouble He will hide me in His pavilion; In the secret place of His tabernacle He will hide me;...

He's literally saying, when I face the crisis, when I look to the Lord, when I see life through the lens of who God is and what He does then the entire perspective of life is one of worship and of confidence and my focus is on God, not on my circumstances. I love the fact that he goes on down to say in verse 8:

When You said, "Seek My face," ~~Lord~~ I, My heart said, "Your face, Lord, I will seek."

That's such an important part of worship. Seeking God, but in particular seeking His face. What does that mean? Well, what it means is that what most of us seek in worship is God's hand. You've all seen the pictures, helping hands? What do hands represent? What do they represent? Service, right? Hands helping hands are servant hands. And what most of us seek when we seek God is we seek His hand. God gimme, gimme, gimme, gimme, gimme, gimme, gimme, gimme! God open Your hand, God, Your hand, Your hand, Your hand! And what most of us spend our time doing is seeking God's hand. But when we seek God's face, we're not seeking what He can provide, though God does provide for His own, when we're seeking His face we are seeking His pleasure. We are seeking the smile of God, the affirmation of God, the person of God. It's the difference between that day when you come home from a trip and your kids meet you at the door and say, "What'd you bring me? What'd you bring me?" And, "Oh Daddy, Oh Mommy!" You see you want them to seek you. Now it's nice when they seek you to say guess what? I brought you something. But you all know there's that day and that time, don't you, when they grow up and they no longer say, "Oh Daddy, Oh Mommy!" they just say, "What'd you bring me?" You see they're seeking your hand? And God wants us in worship to seek His face and true worship is seeking God above all things in my life, seeking His face. Courage in the heart comes when you begin to seek Him and to see Him for who He is, His power, His strength, His authority, His character.

But worship is something else, worship is **SEEING** God in my struggles and in the events of my daily life. It's not only seeking God but it's seeing Him in the struggles and the events of my life. I've just read to you verse 5 here, talking about being hidden in His pavilion and in the secret place of His tabernacle and what David is talking about here is that he's connecting the presence of God with the problems of his life and he's simply saying, though I don't understand the armies, the enemies, the struggles; what I do know is that God will hide me in His presence, therefore I will look to see God working in my life even when I don't understand and even when I struggle. There are a lot of days in my life, a lot of days when I struggle with the things that I see in life, the things

I see in families, the things I see in hospitals, the things I see in funeral homes, the things I see in our community, the things I see on television, the things I see in the world. There are a lot of things I don't understand, but what I've learned is that worship is not only seeking God in His face, it is seeing God and seeing that He is a God who is moving and working and active in the midst and the hearts of His people. He is not a distant God, but a God who is engaged and involved and I have determined that I am going to live my life in the shadow of The Almighty and even when there are shadows I will shelter my heart in Him. Now how does the psalmist see God? Well, I love the fact that it says in verse 6 that he begins to sing praises. He sings to the Lord and a part of seeing God is seeking Him and then seeing Him magnifying and exalting Him in worship through the lifting up of the voice and of the heart in song and in praise. Why do we sing? In order that through music and through the message of song we can exalt and we can magnify the name of our God. I mean a few minutes ago when Chris and Diane were singing,

The Lord is the strength of my life...

Didn't you just wanna stand up and say, "Yeah!" Thank you for not doing that, you would have ruined a beautiful song. [pause for congregation laughter] But the fact of the matter is that there's something about the power and the message of music that helps to lift up our heart and God is exalted in the praises of His people and the beauty and the glory of song and of music is that it lifts and extols and exalts God and magnifies His name and therefore I begin to see Him and to sing praise to His name. The Christian faith is a singing faith and even in the darkest hours of night we can sing because we see Him. Worship is seeking God above all else in my life. Worship is seeing God in the daily activities and events of my life.

But worship is also something else. Worship is **SERVING** God in His purpose in the activities of my life. I love the fact that he goes on to say here down in verse 11:

Teach me Your way, O LORD, And lead me in a smooth path, because of my enemies.

He literally says, God I wanna live and walk according to Your will and not only do I wanna seek You and do I wanna see You, but Lord I want to serve You in life. And worship is trusting God's protection and living your life for His will and for His glory day after day after day. That why he said:

¹³*I would have fainted, unless I believed That I would see the goodness of the LORD In the land of the living.*

It's serving God. It's living life to the fullest capacity, living for God's purpose, living for God's design, living for God's will, knowing that my life matters because my life is lived as a worshipper of the true and living God. And everything I am and everything I do matters to Him and

He makes everything I do matter in time and for eternity.

One final thing for you to see tonight, not only that courage is challenged in the crisis of life's circumstance and that courage is rooted in a personal relationship with God and courage is strengthened in the practice of daily worship. But don't miss this, it's a beautiful Psalm but you can't miss verse 14. What does it say?

Wait on the Lord; Be of good courage, He will strengthen your heart; Wait, I say, on the Lord!

What the point? Courage is expressed in **WAITING ON GOD WHEN I FEEL LIKE BREAKING OUT AND MOVING ON.** Courage is expressed in waiting on God when I feel like breaking out or moving on. You see for so many of us when we think of courage, ~~we think of...~~ we think of acts that are revolutionary, we think of moments that are radical moments, we think of rising to the occasion in the sense of battle and the clanging of the armor. But just as the Bible tells us to put on the armor and then to get on our knees and pray and to wait on the Lord and seek the Lord, so it is in life ladies and gentlemen that the concept of courage that is biblical is not only the one that says, "I will stand up!" but it's the one that says, "Lord, I will stand still and I will trust You and I will believe You and I will wait on You." Because sometimes we just keep facing the same struggles again and again and again. Some of you are facing struggles in a marriage tonight, you have a partner who doesn't seem to be trying, you have a marriage that's filled with conflict and frankly right now you feel like that what you need to do is to usurp yourself, to break out, to move on and yet sometimes ladies and gentlemen courage may be staying and waiting on God. Sometimes people are at the point in their business where they're stressed and strapped financially and they begin to think they've got to break in and give in and give down and change and yet what they need is a courage to stay at it and to keep going, to climb out of debt, to get free, to see God move in their lives. You see sometimes courage is ultimately that which allows me to wait on God and to trust His outcome when I can't make my own way through. I have to tell you some of the most courageous people I've ever seen in my life were not people who were standing up shouting but people who were laying in hospital beds, one more day, facing a disease enduring conflict, but doing it trusting the Lord and being a blessing to everyone who walked in that room. You see that's so often what courage is. I love what Mary Ann Radmacher said, she said:

"Courage doesn't always roar. Sometimes it's a voice at the end of the day that simply says, 'I'll try again tomorrow.'"

Sometimes courage is just waiting on the Lord, strengthening your heart and letting courage sustain you. That's why the Bible tells us in Isaiah chapter 40 that:

Those who wait on the Lord shall renew their strength; They shall mount up with wings as eagles. They shall run and not be weary, They shall walk and not faint.

And courage from a biblical perspective is waiting on God and then letting Him become the strength. It's the exchange of strength. It's not my strength, it's not my will, it's not my fortitude, it's God's strength, His will, His faithfulness and I'm simply entrust my life into His hands. And it's an amazing thing that to be a truly courageous person the greatest thing that you can do is to become a truly dependent person upon the God who is able to strengthen and to sustain you in every circumstance in life.

Spurgeon again said:

"Wait at His door with prayer. Wait at His foot with humility. Wait at His table with service. Wait at His window with expectancy."

In a world of instability, in the face of terror, surrounded by fear, undermined with anxiety, all of these things that could ultimately buckle us, the Bible says be of good courage:

The Lord is the strength of my life;...

The Lord is my light, The Lord is my salvation; Whom then shall I fear?

You can live courageously!