

Elevation Sermon notes – “Training the heart to trust” by Pastor Steven Furtick - September 27, 2026

C. S Lewis moment: “And that is where the troughs come in. You must have often wondered why the Enemy does not make more use of His power to be sensibly present to human souls in any degree He chooses and at any moment. But you now see that the Irresistible and the Indisputable are the two weapons which the very nature of His scheme forbids Him to use. Merely to override a human will (as His felt presence in any but the faintest and most mitigated degree would certainly do) would be for Him useless. He cannot ravish. He can only woo”

General Church stuff:

- Interested in serving at Elevation Church: See: www.elevationchurch.org
- Please consider joining an eGroup (small group) so you don't have to walk this walk alone – See www.elevationchurch.org. The “e” stands for empowerment - because getting the instructions from God without having the empowerment to live them out will frustrate you. These groups are our way of putting some very wonderful people in front of you feed you spiritually.
- Stay out of “isolation silos” - you are an easy target for the enemy – and you don't have the benefit of friends to support you. Embrace the power of numbers.
- Interested in leading an eGroup? See: www.elevationchurch.org
- Don't over-think it – Invite someone to church – “Who do you know that is close to you that is far from God?”
- What are your Gr8ful eight?
- **Elevation Nights Tour: October 9–18, 2026 — Lubbock (TX), Dallas (TX), Oklahoma City (OK), Houston (TX), then home. Described as a full worship, preaching, prayer, and breakthrough experience. Details: elevationknights.com.**
- **Elevation College launching! See: <https://www.elevationcollege.com/>**
- **Reflect 2026 at Elevation – see <https://www.elevationchurch.org> › reflect - Sep 25, 2025 — 7:00P M ET. Reflect is a time where women across our church join together to deepen our faith and celebrate the goodness of God.**

Elevation Church Sermon Recap – “Train Your Heart To Trust” - Pastor Steven Furtick - September 27, 2026

Sermon Summary: What if the thing you've been worrying about could become the thing you pray about? Trusting God doesn't mean you'll never feel afraid, it means you don't have to carry your fear by yourself. The next time your mind starts rehearsing everything that could go wrong, turn the worry into a prayer and remind yourself: You have a Father who knows what you need.

Sermon Highlights

- You never graduate from the need to trust God.
- The moment you gave your life to Christ, the devil has been waging a campaign, but God has been training you for this.
- I believe that He saved me, but I need Him to sustain me.
- If you have been worrying about something lately, you're halfway to praying.
- When David took it to heart instead of taking it to God, he was afraid.
- Prayer is not changing what you're talking about, it's just changing who you're talking to.
- The next time your heart wants to worry, train it to pray.
- Worry is a prayer to yourself.
- When God wants to train your trust, He gives you (1) a truth, and (2) a trouble. Put the truth on the trouble.

- Worry is when you remember that you have a problem and forget that you have a Father.
- You don't stay worried when you worry with God.
- He uses the trouble to prove the truth.

Scriptures

Psalms 56:1-4

1 Samuel 21:8-12

Philippians 4:6

Matthew 6:31-32

Sermon Discussion

- Pastor Steven told us the story of his dad giving him hair “spikes.” What’s a hairstyle you had growing up that you thought looked amazing at the time?
- “You never graduate from having to trust God.” How has God used different seasons in your life to grow your trust in Him?
- “If you have been worrying about something lately, you’re halfway to praying.” What worry could you turn into a prayer today?
- “When God wants to train your trust, He gives you a truth and a trouble. Put the truth on the trouble.” What’s a truth about God that you can have ready for when trouble comes your way?
- “I believe that He saved me, but I need Him to sustain me.” Where in your life do you most need to depend on God to sustain you right now, and what would that dependence look like practically?
- “Worry is a prayer to yourself.” What do you tend to do when you catch yourself worrying, and how could you use that moment as an invitation to pray instead?
- Where have you been putting pressure on yourself to have an answer that you need to trust God with instead?

Prayer Prompt: Lord, we declare You are Jehovah Jireh. You’re our good Father who knows all our needs. Help us invite You into our worries this week and turn them into prayers. Teach us to put Your truth on every trouble we face as You continue to train our heart to trust You. When we feel trapped, overwhelmed, afraid, and full of doubt, remind us that You’re our Provider. Like David, we will trust in You and not be afraid. In Jesus’ name, amen.

Go Deeper: There are only six miktams (or michtams) in the Bible: Psalms 16, 56, 57, 58, 59, and 60 - While the exact translation for miktam remains a mystery, many scholars link it to the word nakamu which refers to a protective covering. As Pastor Steven taught us, miktams are reserved for the prayers we pray when we’re trapped. They start in crisis, but end in confidence, which is what happens when we worry with God.

Elevation Sermon notes – “Training the heart to trust through fear” by Pastor Steven Furtick - September 27, 2026

AI generated recap

Training the heart to trust through fear and worry

Sep 27, 2026 • 11:08 AM • 1 hour

Overview: A sermon on moving from fear to trust by “training” the heart, anchored in Psalm 56:1–4 and David’s flight to Gath (1 Samuel 21). The message reframes worry as “halfway to prayer,” teaching how to convert anxious rumination into honest prayer “to God,” practice trusting “all day long,” and place God’s truth over present trouble. The talk interweaves personal anecdotes, biblical exposition, and practical steps for daily formation.

Opening context and theme

- Celebratory worship tone; congregational greetings (including online). Gratitude expressed for God's presence and past "miracles," and a prayer for open eyes, ears, and courage.
- Central scripture (Psalm 56:1–4) highlighted for the jump from "When I am afraid" (v.3) to "I am not afraid" (v.4). Core aim: learn how to get from verse 3 to verse 4 by "training your heart to trust."
- Speaker noted he had waited "a year and a half" to share this text, referencing "February 27, 2000" from a family Bible Club selection of Psalm 56.

Key scriptures and biblical context

- Psalm 56:1–4 (emphasis): "When I am afraid, I put my trust in you... In God I trust and am not afraid." Refrain "all day long" underscores persistent attack and continual trust.
- 1 Samuel 21:8–12 (Gath episode): David, fleeing Saul, receives the sword of Goliath ("I like that one") from the priest—tangible reminder of past victory. In Gath (Goliath's hometown), Achish's servants recognize him: "Isn't this David, the king of the land?... Saul has slain his thousands, and David his tens of thousands." "David took these words to heart and was very much afraid of Achish, king of Gath." Contrast drawn between taking fearful words to heart versus taking them to God.
- Philippians 4:6: "Do not be anxious about anything... present your requests to God." Emphasis on the last two words, "to God."
- Matthew 6:31–32: "Do not worry... your Heavenly Father knows that you need [them]." Point: worry forgets the Father. Additional references alluded to: Paul's inner conflict ("the good that I want to do... oh wretched man that I am"), Psalm 91's covering.
- Psalm 56 heading: "To the tune of 'A Dove on Distant Oaks.' A miktam of David... when the Philistines had seized him in Gath." Explained as a form that starts in crisis and ends in confidence; "miktam" associated with comfort amid trial.
- Illustrations: training hair, body, and trust: Barber father and the "spike" haircut: hair fell flat until daily "training" with gel (LA Looks). Analogy: hearts, like hair, must be trained daily to "stay up." Other training examples: dog obedience; biceps growth—contrast with the harder task of training the heart. Baseball glove: good glove must be "broken in" (even tried the oven). Application: truth is "broken in" through trouble; that's where God "breaks in."

Diagnosing fear responses ("When I am afraid, I ____")

- Speaker's confessions: eats "large quantities" when nervous; withdraws/isolate; converts fear to anger because it feels safer than admitting fear.
- Audience-acknowledged patterns: isolation, shouting, inventing stories, "weird math" about imagined outcomes; Joyce Meyer line: making "down payments on problems I may never even have."
- Insight: How you finish "When I am afraid, I ____" determines whether you reach "I am not afraid" (v.4).
- David's predicament: anointed yet afraid, trained yet trapped - David had slain lion, bear, and Goliath, yet felt "trapped" in Gath; trust must be retrained in new contexts. Saul's jealousy escalated (even threw a spear at David). Saul should have been training David, but instead threatened him.
- Provision in flight: the priest provides showbread and Goliath's sword—evidence of God's past faithfulness and present provision.

From worry to prayer: the pivotal shift

- Core idea: If you're worrying, you're "halfway to praying." Prayer often begins where worry already is.

- Psalm 56:1 key: “Be merciful to me, my God.” Not a change of topic, but a change of addressee—talk to God about the same burdens.
- Contrast: 1 Samuel 21:12: “David took these words to heart” and became “very much afraid.”
- Psalm 56: He takes the same pressures “to God,” turning worry into prayer and moving from crisis to confidence.
- Practical reframing: “Worry is a prayer to yourself”—trying to do both jobs (request and response). God’s invitation: stop doing His job; present requests and let Him respond.

Practices to train trust “all day long”

- Build your verse 3: deliberately choose “I put my trust in you” when fear strikes; trust repeatedly as attacks persist “all day long.”
- **Convert rumination to prayer:** Begin with “God...” and tell Him the exact fear/burden; be honest (adoration, confession, thanksgiving, supplication may follow, but start with honesty).
- **Breathe through anxious moments; take small faithful actions (get out of bed, drive, show up) as declarations of trust.**
- **Put truth on the trouble:** Hold a specific truth about God’s character over the concrete trouble you face (healer, provider, deliverer, way maker, covenant keeper).
- **Use past victories (e.g., “Goliath’s sword”) as reminders: “I like that one”—what God already gave and did.**
Remember the Father: “Worry is when you remember that you have a problem and forget that you have a father.”
Train through praise and gratitude: praise is part of training; end each day with “Thank you, Lord.”

Selected lines and refrains

- “When I am afraid, I put my trust in you.”
- “Worry is a prayer to yourself.”
- “Put the truth on the trouble.”
- “You never graduate from having to trust God.”
- “Greater is He that lives in me than he that is in the world.”

Closing emphasis and worship

- **Assurance:** God both gives the truth and uses the trouble to prove it; He prepared provision (e.g., the sword behind the ephod).
- **Confidence in God’s completion:** “He will begin a good work and you will be faithful to complete it... Flip to the back of the book, it says amen.”
- **Prayer into the song “Jireh”:** sealing “my God will provide” and God’s unchanging love.

Upcoming steps / actions

- **Convert each worry into a prayer “to God” by explicitly addressing Him and presenting requests with thanksgiving (Philippians 4:6).**
- **Name and rewrite your “When I am afraid, I ____” with “I put my trust in you,” then practice it in small actions “all day long.”**
- **Identify one truth about God and place it over one specific current trouble; recall a past victory as evidence.**
- **Use praise and end-of-day gratitude as training reps.**
- **Further learning: “Highlights” with Holly on Elevation Church YouTube, Monday at noon, covering forms of prayer and additional applications.**

- Opening Prayer: We thank you so much for coming to abide with us today. It has been so sweet and so special to sense your presence in this place today. Thank you for visiting us with melodies from heaven, things that we can carry in our hearts as we go through our lives to remind us to come back to the throne because you're in control. I thank you that you're in charge today. I thank you that there's nothing above you. I thank you that there's nothing greater than you and there is no one beside you. You can do anything but fail. You can do anything but fail. You can do anything but fail. It's never too late because you can do anything. It's never too big because you can do anything. We give you praise for all the miracles that you've done in our lives. We don't want to take another step before we say thank you that we're here. The Lord is in this place. Make us aware of it. Open our eyes today, God. Show us what we need to see. Open our ears. Speak to us what we need to hear. May we have the courage to follow you forward. In Jesus' name I pray. Everybody said, Amen. Amen
- (Pastor Furtick addressing Brooke _____ from New Zealand (former worship leader from Hillsong Church) Give the Lord a big old Amen. as you give it to the church. Thank you for being with us for Reflect on Friday. Thank you for setting a standard for what it means to lead people into the presence of God. We love you so much.
- Welcome to all of our campuses today, all the way from sunny Melbourne in Orlando, Florida, to the crisp fall air Charlotte, North Carolina. So whatever kind of weather they have in Toronto, Canada today, I don't know about the weather, but I know about the worship. It's on fire in Elevation Ballantyne. I said it's on fire.
- I want to get right into the word that God gave me, okay? So I want you to turn around, and I want you to do the welcoming committee part. Just if you could give five quality greetings and quality hugs. We're going with quality, not quantity today. Five quality eye contact. I'm really glad we're here, folks. Give me a hug and I'll be in the chat if you're watching online. I need a hug today. Everybody give me a virtual hug.
- (Pastor Furtick commenting on Reflect on Friday, Sept. 25, 2026) I saw that walls need a new coat of paint after she preached. I think she'll paint them pink if she gets the opportunity. So don't think too quick before she gets to pick the color.
- Today I get to share with you a scripture that I have been waiting to share for a year and a half – scripture for our family Bible Club - where you have to pick a verse and send it to everybody in the club with the devotion a reading that they felt .
- I'm gonna read just four verses of Psalm 56 with you because the Lord used it to minister to me I deal with a lot of anxiety especially around traveling Even for a fun trip. I can turn it into work. We could go to a tropical vacation and I could be terrified about TSA. But this was the pressure from ministry. We were on our elevation nights. And I said, man, I don't have time to do this key verse I'm going to preach tonight. And we're saying, you don't have time not to.
- So I opened my Bible and I read these verses and they really helped me. It was very powerful. One verse in specific. Well, I guess two verses in specific – “For my enemies are in hot pursuit all day long they press their attack my adversaries pursue me all day long in their pride many are attacking me when I am afraid I put my trust in you in God whose word I praise I love it so much. What can near mortals do to me? I love it because the jump from verse 3 to verse 4. When I am afraid. And then verse 4. I am not afraid. And I want to study how to get there. How about you?”
- Today I want to teach you how to train your heart to trust. Train your heart to trust. In such a serious issue with me.
- My dad was a barber. When I was eight years old, I went in to get a very special haircut from him. And one of the reasons I think I've had so many different hairstyles and haircuts through the years of pastoring this church is because my dad was a barber. And I always got my haircuts for free. So I just got kind of addicted to doing different stuff to my hair, I guess. But he wasn't really a fancy barber or anything like that. But I had one thing I wanted. I wanted him to give me a spike haircut. I wanted a Mohawk, my friend Jeffrey had a Mohawk, but he wasn't down

with the Mohawk. And I didn't know about the mullet yet, but I saw Sting, the professional wrestler Sting, wrestling, and he had big old spike hair, and he had face paint, but I knew I wasn't gonna get to have face paint and wear it to school, so I said, can you cut my hair to a spike?

- Well, I went into the barbershop, and one day he put the tape on me, and put me in the chair, and I'd grown my hair out for this occasion, and to prepare for it, and he gets his clippers going, he's doing his thing, and he turns me around in the chair about 15 minutes later, and spins me around to that big mirror, and he had put all this product and gel in my hair, and there it was, I had my spike. And I was so excited. I was so excited about my spike.
- You know, I really envisioned this moment. It was really a big moment for me. That's why I remember it, I was only eight years old. But my excitement, turned to despair very quickly because it had only been like five or ten minutes and my hair started going down flat. Well I just wanted to cry, you know, I was eight years old and my spike was going down. My freshly minted spike was disappearing before my eyes. And I was so disappointed, I said, Dad, it didn't work. And he said, oh it worked. There's nothing wrong with the cut. You've just got to train the hair to stay that way. Your hair is used to laying down flat.
- I still remember this from years old. He said, you've got to train him to stay that way. Nothing wrong with what I did with my clippers. I know what I'm doing with my clippers. But it's just got to be trained to stay that way. I wish my dad could come back and tell me, he taught me how to train my hair, you know. And I did. And it worked. I have a little picture just to show you real quick. I trained it. And pretty good. Not quite what I pictured, but close enough. There I am. You see the joy in my eyes as I'm holding up that peace sign. A little bit of a spike, a little bit of a mullet.
- He said, you got to train to stay that way. But I wish he could show me how to train my heart. Because I trained my hair. He sent me home with some gel and a comb. And he said, every day. Just make sure you put enough gel in there. My mom went to Walmart and got me a six pack of hair. I remember LA looks, I think was the name of the brand. You remember LA looks? I hope they still make it or not. But I remember putting that LA looks in my hair every day. Stand it up straight and it won't fall down. But you gotta train it. Tell your neighbor, you gotta train it. You gotta train it. You gotta train it. I train my hair.
- **I'm having a harder time with my heart. Because I have moments with God where I feel like he's big and mighty and what a powerful name it is. By your spirit, I will rise from the ashes of the feet. And no sooner do I get it rising from the ashes of the feet than it goes back down flat. And see, I wonder, does that ever happen to you like it happens to me? Talk to me. Because sometimes I get my faith up real high. I get my hopes up real high. I get my inspiration up real high. I get a vision. I get a picture. I get decided and determined and committed to look for Christ. And I get it up high. And five minutes later it wants to go down flat.**
- I need to know how to train this heart of mine. I've trained a lot of things since I was eight years old. I've trained a dog. Holly trained a dog. We trained a dog. I've trained certain parts of my body. Yeah. Trained my biceps. They grew. Trained my dog. He sat. Trained my hair. It stayed. Trained my heart.
- If anybody had training, it was David. Psalm 56 was written by David. Are you as surprised as I am to hear David in verse 3 say, when I am afraid? I'm used to David being a lot of things. Ambitious, yeah. Annoyed, yeah. Aggravated from time to time. Even in some seasons of his life, apathetic when he got older. But you never really see David afraid.
- All of the armies of Israel were. They let Goliath defy them for 40 days, not David. David said, I'm not afraid. But here he is, still a young man, in Psalm 56. And he said, when I am afraid, I put my trust in you. Put that one verse, verse 3, on the screen. I want us to look at that together today. Because here's why I need to train my heart. You see that sentence? When I am afraid, this is the verse that I want you to get today. I'm going to share with you, and yet this is the one. that I want us to work with. When I am afraid, I put my trust in you.
- **And I reckon the reason that that spoke to me when I was in Tulsa, and it just jumped out at me when I was in Tulsa, is because I realized that my version of verse three would look very different than David's. Not because I'm**

not afraid – But training your heart to trust when you get it high and you get your faith up and you start lifting your eyes to the hills where your help comes from, but here come the enemies, hell breaks loose when I am afraid. I, and how you finish that sentence determines whether you ever get to verse four. So I'll do a confession and I'll go and then you can go. When I am afraid, I eat large quantities of food. I have a wife who says, I'm so nervous I can't eat. I say, I'm so nervous I can't stop eating.

- And just because the foods I'm eating are low carb does not mean I eat them in low quantities. I found out it doesn't matter how few carbs the cookies have if you eat seven of them. And they're big cookies, too. Big old cookies that some people use for a meal replacement. Real meal replacement, that's just a meal enhancement.
- For me, when I'm afraid, I eat. I'm starting to get a little heavy now. Because when I am afraid, I withdraw. I know we need community. I know, I know my hair needs to be up here, but sometimes it starts to fall, and I don't want anybody to see me in my messy state.
- Isn't it crazy how the times when you're most tempted to skip church are the times when you need to be here the most? When I'm afraid that you're going to see me in a low state, when I'm afraid that I'm not going to have what it takes to show up and deliver on the level that you expect I withdraw from.
- When I am afraid, I'm ashamed to say it, but I often, often translate my fear into anger because I'm more comfortable being angry than I am being afraid. And I don't know what to do to convert my fear to faith. I have trained it. So I would rather be angry at you than admit that I'm afraid. How about you?
- You're just going to look at me for the whole entire sermon? You're like, yeah, isn't that how it works? Don't you talk and we listen? All right, just in silence, to yourself, just like... Cover your mouth and say, just cover your mouth real quick and say, when I am afraid, I, and then just say it, but nobody's gonna read your lips. When I am afraid, I isolate. When I am afraid, I shout too much. When I am afraid, I make up stories. When I am afraid, I start doing all this weird math in my head about all these things that haven't even happened yet. I start calculating for eventualities that may not even happen.
- **Like our good friend Joyce Meyer says, I start making down payments on problems I may never even have.**
- When I'm afraid, David said, I put my trust in you. In God, whose word I praise, verse 4, in God I trust and am not afraid. Which one is it? Am I or am not I afraid? It depends on what you do with verse 3. What's going to be your verse 3 this week?
- I'm gonna scan the room right now and ask, have any of you had a very worried week leading up to this Sunday? You have been worrying this week, and I don't mean you were worrying about who to start on your fantasy, pretend, make believe, grown men, but still little toy soldiers called football players, fantasy football team. I mean like, real worry this week. Come on and wave at me real quick.
- We are gonna get to the root of this in the moments that we have. And then what we don't get to, Holly is going to cover on highlights. On the Elevation Church YouTube. This Monday at noon live. And whatever I don't get to up here, she'll get to in the highlights.
- **How you finish this sentence.**
 - **When I am afraid, I _____.**
 - **When I am stressed, I _____**
 - **When I am worried, I _____.**
 - **Can I use another word? When I am trapped, I _____**
- **That's what David's talking about here. I'm trapped. I'm trapped because I've defeated Goliath. But just because I defeated Goliath doesn't mean I graduated in faith. You never graduate from having to trust God. You have to train it every day. You can put your faith in Christ for salvation, but still not put your trust in God for a situation. I'll say it again. You can put your faith in Christ for salvation and then not put your trust in God for a situation.**

- How crazy is this? You can trust that His blood was enough to keep you out of hell. You can trust that his cross was enough that all your shame is nailed to it. You can trust him that he breathed out and you breathed in and the spirit of him who raised Christ, you can trust him that he rolled a stone but you can't trust him that he can hold your burden – You never graduate from the need to trust God. You've got to train that every day. You've got to stand it up every day. You've got to stand it up when it falls down every day. I'm talking about training your heart to trust God.
- Because David said, I'm trapped. All day long. Did you notice that? He said, all day long they pressed their attack. All day long, he says there are not only an adversary, there are adversaries. There's not only an enemy, there are enemies.
- How do I train that? I could probably learn some jujitsu and choke you out. If I did it long enough, I could train for that. But how am I gonna choke you out? He said, when I am afraid, I put my trust in you. Now, I put in my notes like 15 times, don't preach it, just talk to them.
- So, let's talk. I might preach it a little bit, but you know, not too much. This is about as loud as I'm going to get. In God whose word I praise, in God I trust, and am not afraid.
- You know how this song that we read has a little heading? I don't know if you've heard it in the Bible, the churches. I texted Brooke, I texted another friend of mine who leads worship, I said, hey yo, I saw something at the top of Psalm 56. I wonder, do you know what it means? And it has this heading where before it gets to the Psalm that David wrote, it tells us a little bit about the Psalm, which is helpful. He says in the heading, and I have it on the screen for you: For the Director of Music – To Tune the Dove On this Day - It's a miktam when the Philistines had seized him in Gath.
- So he's trapped in Gath. You know anything about Gath? What do you know about Gath? Let's find out about Gath. Go to 1 Samuel chapter 21, because David is trapped in Gath. Trapped is my least favorite thing to be. Trapped, see, I know the truth, but when I get trapped, I have a hard time finding it. You know how those exit doors right there, you know where they are, but if all of a sudden you believed you were trapped in this room, you would forget everything about protocol that you knew and getting dismissed.
- Because there's something about David being trapped - He killed the lion. He killed the bear. He killed Goliath. And he has killed at least thousands, if not tens of thousands, of Philistines.
- A Pastor Steven Classic: The first one was Goliath. But there were more Philistines after that. One of them, he was trying to marry Saul, the king's daughter. And the king said, all right, you can have my daughter if you bring me 200 Philistine foreskins. Matter of fact, that's what I'm gonna tell the man who wants to marry Abby one day, all right.
- Let's go to 1 Samuel 21. Somebody shout trapped. Trapped. Trapped because he's anointed to be king, but he's afraid too. You can be anointed and afraid. You can feel anointed for great things, but trapped in great fear. Did you know that? You can be anointed for greater days, but trapped in a dark place. You can feel trapped. In David's case, he was trapped not by his sin, but he was trapped by Saul. The king that should have been training him. Saul was the first king of Israel. David was going to be the second king. Samuel said so. He said, rise and anoint him. He's the one. And David was the one.
- He was the one that walked out there and killed Goliath, you know. And he was the one that got those foreskins. I won't make you touch your neighbor and say anything about that.
- And he kept on doing battle. But watch this. The more that he was winning, the weaker Saul was becoming. And so it made Saul jealous. It made Saul threatening. It made Saul angry, it made Saul paranoid, it made Saul crazy. Saul started doing abnormal behaviors/unusual behaviors.
- Let me see, put it for a vote. How many of you think this is unusual behavior? He took a spear and threw it at David while David was playing music on the harp, David was trained as a harpist, David was trained as a shepherd.

- He wasn't trained as a spear doctor. I don't think, I don't think they put that in the class. I can take a class for this. You ever feel like that in life? Like, man, they didn't give me a class for this. All that school I went to and they didn't show me anything about this. Why? Tell me how to train my hair. Teach me how to train my heart.
- Because I'm dodging stuff and it's scary out here and it's weird out here and I know God has called me and I'm on my way to something. But there's an enemy. I got an enemy. And it should be somebody who's training me why is the one who should be training me trying to kill me - why am I having to fight this on the inside and he has to run and run and run - and he doesn't have a weapon because he wasn't prepared to run.
- So he stops by the temple this is really a great story it's kind of a sequel to Goliath in first Samuel 21 the Bible says he went to the priest and he said hey man I need some bread He said, I got some special bread. You're not supposed to eat it. But if you've kept yourself from women, I'll give it to you. David said, give it to me. I got my bread.
- He said, now I need a weapon. He said, well, we don't have regular weapons. And look at what David said in 1 Samuel 21, verse 8. David asked to Him, don't you have a spear or a sword here? I haven't brought my sword or any other weapon because the king's mission was urgent.
- And the priest replied, the sword of... Goliath, the enemy you defeated before, the one that had a sword that he was gonna kill you with. On the day that you didn't even have a sword in your hand but just a sling and a stomp. That sword that you took and cut off his head with, the sword of Goliath the Philistine, whom you killed in the Valley of Elah's here, it is wrapped in a cloth behind the ephod. If you want to take it, there's no sword here but that one. David said, I like that one.
- Tell somebody I like that I like the one that reminds me of the victory God gave me I like that one come on how many of you are here with your wife today look at her and say I like that one oh I got the one God gave me that I didn't deserve I like that that woman that I'm here with today. That's good by my side - I like that one.
- How many of you are here today and you struggle to get pregnant but God gave you a kid and it took some time and took some prayer say I like I'm clear across the room now that I'm 13, but I like that one. It was a battle, but I like that one.
- Now, here's what I want to get to. That day, David fled from Saul and went to Achish, king of Gath. This guy probably ran this king for like four years. King of Gath. Isn't that Goliath's hometown? Goliath, Philistine, Gath. And watch this, he's in Gath because Saul's trying to kill him and God has crowned him. He's in Gath and he's trapped. And he's got the sword of Goliath, the Philistine, whom he killed. But he's afraid.
- Now the servants of Achish said to him, isn't this David, the king of the land? He wasn't yet. Then how did they know? You ever wonder if your enemy knows more about you than you do? You ever wonder if some of the attack that you're under is because some of the anointing that you have? It's so good.
- I'm just trying to decide what to not preach. That is my hardest battle up here. I'll get up and be like, what should I preach? I'm just like, God, what should I not? Because every word of it.
- Your enemy has heard of you. The devil is terrified about the blood-bought child of God who has been forgiven. As a matter of fact, the moment you gave your life to Christ and put your faith in Him, the devil started waging a campaign. But God has been training you for this. God has been training you for this. God has been training you for this. Some three people say he's training me. He's training me. He's training me to trust him. He's training me to trust him.
- That's why I could kill the lion. Cause there was a lion that tried to snatch the sheep and I killed the lion, but I didn't know that the lion was preparing me for this lion. God was training me. And now the one who was trained and called to be a king is trapped in a place called Gath where his enemies come from. These are the same people that he's been killing. Now he has to live with them.
- That's the context of that nice little verse. When I am afraid, I put my trust in you. Broaden the context, you know? So we don't just think about that bumper sticker by the verse. That bumper sticker believing, when I'm afraid, I put

my trust in you. When I got an itch, I scratch it. When I see a green light, I gun it. When I see a red light, I stop it. When I see an orange light, I look both ways to see if there's a police officer.

- **When I feel afraid, I trust God. I just do what God wants me to do. When I feel afraid, I trust God. When you feel afraid, I trust God. If it's that easy for you, you haven't been trapped yet. You haven't been trapped yet. The good that I want to do. And the evil that is still there with me, oh wretched man that I am, who can deliver me from this body of death? See, because I'm raised up with Christ, but I don't know how to train my trust because I believe that he saved me, but I need him to sustain me. And I'm trapped! Oh. At least you're seeing it when you believe it.**
- David is in Gath because he doesn't know where else to go. I'm in Gath because I don't know where else to go. Gath is not like Jonah in the belly of the whale. He's running from God. Gath is because I don't know where else to go. That's what I'm talking about. I'm talking about I don't know where else to go.
- I don't know what to do. When I am afraid, I put my trust in you. In God's word, I praise. In God, I trust. And I'm not afraid. He's not lying. He's not denying. Spirit of the Lord says you can move through. No matter how this season of fear is crippling you, you can move through it.
- **No matter how the waves of anxiety crash and try to drown your boat, you can move through it. You've got to move through it. If you don't move through it, your assignment goes unfulfilled. You can move through it. If you don't move through it, what was meant to be created will die on the vine. You can move through it. If you don't move through it, your kids will see an example of a mom who wouldn't or a dad who wouldn't.**
- So they'll think they're a kid who can't. But if you move through it, I declare in the name of Jesus, if it takes you 10 times, if it takes you 20 times, I'm telling you, I have to trust God all day long. Somebody say it all day long. That's what the psalm said. He said, my enemies are attacking me all day. day long. So if they're attacking me all day long, I gotta trust God all day long. Have you ever had a day where it was trust just to throw the covers off and get up out of bed? Come on, you might have hit the snooze button four or five or six times, but it was trusting God. When I am afraid, I get out of bed.
- When I am afraid, I walk across the room. When I'm afraid, I brush my teeth. When I am afraid, I get in the car and start the engine. When I am afraid, I show up at Elevation Church on a Sunday morning. Because I'm declaring to the devil that I can move through this. Because greater is He. Don't preach, just talk. But I've got to tell somebody. Greater is He that lives in me than he that is in the world. Means I've got to breathe through it. Do you know there have been times where I did not feel that I could breathe before I preached? But I breathed through it somehow. And I stood up to preach. And God in His grace, not me in my strength.
- God in His sovereignty, not me in my strategy. God in His wisdom, not me in my human will. God. Sit down. I don't know where you're done. Y'all don't think y'all can rush me to close by being excited, do you? Come on, I'm trained in this. Tell somebody I'm trained in this. I'm trained in this. I'm trained in this. David was trained all day long. You like that? You're still stuck on all day long. That means no matter what kind of day I have. When my head hits the pillow, I'm going to say, thank you, Lord. Every landing that you walk away from is a good one. It was a good day. I can say it was a good day. Caffeine crash at 3 p.m. I got to trust him because now my caffeine can't kick in. I got to trust him.
- But what I really would like to show you today. that I was so excited about, that I think is a principle that's powerful enough to change your life, is that if you have been worrying about something lately, you're halfway to praying. Alright. I'll show you what happened, then I'll show you what he said, and then I'll tell you what to do. And then I'm going to tell you where to go eat lunch. And you're going to run out for yourself. David's got the sword of Goliath, And I'm gonna show you why. The servants, watch this, the servants of Achish said to him, isn't this David, king of the land? Isn't he the one they sing about in their dances? Because when he killed Goliath, this is what set Saul in his little revenge mission to begin with.
- David killed Goliath and the women started home, they sang this song, they start singing this song. Saul has slain his thousands and David his tens of thousands. Saul's like tens of thousands, he killed one dude. But see, by killing

Goliath, he defeated the whole army. He was representative of combat. So it says, he saw his slain, his thousands, David's his tens of thousands. When the ladies sang it, it sounded good. But now that his enemies are singing it, it sounds different because he realized that the thing that made him great was the thing that made them afraid. And now he's a great, and he's great.

- So he realizes, uh-oh. Goliath's sword is not just a weapon for me, it's evidence to them. So, this is the verse right here, verse 12. David took these words to heart. David did what? Took these words to heart and was very much afraid of Achish, king of Gath. You will never see that phrase again in 1 and 2 Samuel. David was afraid. Only one time. He was distraught in 1 Samuel 30 when his men talked of stoning him. But it never says again. David was afraid.
- **Because when you're trapped, you're not trained for this. Kill a lion, kill a bear, kill a Goliath. Now, it's a fight on the inside. so what I said to you a moment ago if you're really worried about something you're halfway to prayer I take that from Philippians chapter 4 verse 6 thank you Lord he just gave you this scripture right before I came out to show you what I'm saying I think you know this one do not be anxious about anything In every situation, in every gap that you feel trapped in.**
- In your own gap, I can't do that. I don't know what your gap is. You and God do. So if you're worried about that, right? I'll give you that, I'll give you the whole verse. By prayer and petition, with thanksgiving, present your request to God. Now I'm not gonna preach that, I'm just gonna show you the last two words. Go back, please, to Psalm 56 now. And I think you'll see it in a very different light. Psalm 56. Verse 1. "Be merciful to me, my God, for my enemies are in hot pursuit. All day long they press their attack. My adversaries pursue me all day long. In their pride, many are attacking me. When I am afraid, I put my trust in you. put my trust in you."
- That means it wasn't there automatically. I had to decide to do it. In God, whose word I praise. Back to 1 Samuel 21, 12. Please, just real quick, let me connect it. When he heard what his enemies were saying, he took it to heart and was very much afraid. Because he took it to heart. When he took it to heart, but didn't take it to God, His faith fell flat. When he took it to heart, but didn't take it to God, he was very afraid of a king who represented a nation that he had been defeating for 18 months.
- When he took it to heart, instead of taking it to God like this, like, I sat down on Monday morning. This is real. This is current for me. I sat down on Monday morning. Just worrying. I decided to have an entire worry session. Just me. By myself. I'm planning a meeting with myself. And the subject was dread, anxiety, fear, and terror.
- Have you ever done this before? Wave at me. It's very lonely up here. It is very lonely up here. So I'm sitting there just worrying, right? I'm worrying. I know what Jesus says about worry. Don't. I know what Paul says about worry. Don't be anxious. But here I am doing it. And sometimes what I'm telling you not to makes it even worse.
- **Sometimes trying not to worry makes it even worse. So what am I supposed to do with the worry? What am I supposed to do in gap? I can't go home. Saul wants to kill me. I can't stay here. They'll kill me. Tell me what I'm supposed to do. I'm trapped. That's how I felt. And I felt like the Lord said something to me that I never heard before. I see your worry. Would you like to worry with me? I knew what he meant. He was saying, you're halfway to praying. Because when you're praying, you take what's on your heart. Whatever you're burdened about. Whatever you're concerned about.**
- I know there's different types of prayer. There's adoration, confession, thanksgiving, supplication. We'll teach that in highlights on Monday at noon on the Elevation Church YouTube channel. Holly will give you a crash course in all the ways to pray.
- **But one thing that real prayer is, is honest. So I have a burden. I have a concern. I'm trapped. in this relationship. I'm worried about this person. I'm worried I haven't heard from them in three weeks. I'm worried I don't know what they're gonna do with my company.**

- I'm worried I'm not sure why this money is going this way and that way and all that way and none this way. I'm worried, I'm worried about this thing. My body, what is that on my arm? I think my mom had one of these one time and it was cancer.
- I'm worried about this and I'm sitting down to worry - Because if you read Psalm 56, it sounds like David's worrying. He said, my enemies, verse 1, are in hot pursuit. All day long they press their attack. My adversaries pursue me all day long. Don't focus on the negative. See the gap as half full, not empty. In their pride, many are attacking me. And yet, there's only one thing that turns this from a worry to a prayer. He's talking about his enemies. He's talking about the pressure. He's talking about the attack. He's thinking about the adversaries. He's thinking about the pride of those attacking him.
- **He is thinking of all of those things. But if you look at verse 1, There is a key that can take you from worry to prayer so fast. He said, be merciful to me, my God. There's so much power. Verse 1, be merciful to me, my God. So prayer is not changing what you're talking about. It's just changing who you're talking to about it.**
- Here we go. I'm going to help somebody, Lord Jesus. Because you've just been thinking about stuff. Ruminating about stuff. Working through stuff in your mind. But you're not really working through it. You're just wandering around in it.
- **And so the next time. Train it to pray. Because you're already halfway there. Because he already knows what you need. Because he already knows what you're struggling with. Because stuffing it down isn't going to do anything but suffocate you. Stuffing it down isn't going to do anything but get it to come out at the wrong time when you're squeezed. So why not talk to God about it? Present your request to God.**
- Somebody say to God. To God. So I'm still afraid, but I'm just not afraid by myself in this fear. Because I put my trust in God. Because I'm talking to God. I might as well. I talk to my friends. They're not even doing as good as me. I talk to my friends. They didn't know what to tell me either. I talk to people and people talk about me. I might as well pray about this. I might as well talk to God. And I sat there in my chair for an hour. And I haven't prayed like that in a long time.
- **Because I realized that worry is a prayer to yourself. Worry is just me trying to do two jobs. See, I'm supposed to make the request. And God is supposed to do the response. Yeah but when you worry, God said, would you stop trying to do my job? Would you stop trying to hit the ball back to me? Would you let me be God in your life?**
- I am afraid. Somebody say, I put. I put. My trust. My trust. In God. In God. Say it again, I put. I put. My trust. My trust. In God. You hear what they're doing down there at the 11th dollar sign? Yeah, I heard about it. But I put my trust in God. You feel that? That thing that's inside you? You feel that? That depression that's inside you? I feel all that. But when I am afraid.
- See, I trained for this. I've been through some seasons. I've known the Lord. Not just God. He's my God. I have an experience with Him. And as you begin to pray, come on, give me something you've been worried about this week. Anybody, anybody on the front row.
- What you've been worried about this week? What you've been worried about? You've been worried about your health? Well, we're just going to start worrying with God about your health. And guess what? He's not worried. So the heavy weight that you're lifting, you don't have to lift that by yourself this week. Because when you Google all the symptoms, you start thinking you have to be the source of your healing. But when you realize I'm not in this diagnosis by myself, I'm not going to this treatment by myself, I'm not showing up to this doctor, I'm not figuring this out for my baby by myself, I have help. And I put my trust in God. When God wants to train your trust, He gives you two things, a truth and a trouble.
- I'm gonna say one thing and I want y'all to meme it and look at it all week. This represents the truth, this represents the trouble. Put the truth on the trouble. Come on, you're trained for this. You are trained for this. You've got a degree in depending on God. You've got a certification in surrendering to God. You're trained for this. You've seen

God move in your life. Take the truth and put it on the trouble. So if it's in your body, we're going to pray about that. Because we were already praying anyway. We were just forgetting something. Worry is when you remember that you have a problem. And forget that you have a father. I can't. I can't. I can't. I need to start closing, but I can't. Did you forget you have a Father?

- Did you forget that He's a Redeemer? Did you forget that He's greater than your sin and your shame? Did you forget that He is the resurrection and the life? Did you forget that He died for you? Did you forget that He hung for you? Did you forget that He loves you?
- Matthew 6, 31, Jesus said, do not worry. Say, what shall we eat? What shall we drink? Or what shall we wear? Man, if Jesus came back in 2026, he'd have to add so much to that list. We figured out all kinds of ways to worry he didn't know about. We figured out not only to worry about what we wear, we'd not go on our phone and worry about what other people are wearing. Right? and how we can show them what we're wearing. Verse 32. What's the heart of it for me? Because while I was worried by myself, I remembered my problem and forgot. I have a father. But the pagans run after all these things. They don't have a father.
- But your Heavenly Father knows that you need That you need that he knows what I need. He knew I would need a sword. So he put it in the ephod. So I would have it when I went into the back. I wonder when David was running from Saul and trapped by Achish, the king of Gad, and he was thinking, how am I ever going to get out of this? I wonder if he touched something. God will get me out of that. I've got a God. I've got a father. He's my God. He's a healer. He's my God. He's a savior. He's my God. He's a deliverer. He's my God. He's a firm foundation. He's my God. He's a peace sneaker. He's my God. He's a way maker. He's my God. He's a stone roller. He's my God. He's a covenant keeper. He's my God. He's a healer. He's a savior. He is. Give him praise. Give him more praise.
- Because when you're praising, you're not praising. You're training. Come on, say, thank you, Jesus. I'm training. I'm training. Hallelujah. Thank you, Jesus. Training my heart to trust. I'm training my heart to trust. I can't do that with comb and a gel. I got to have a truth. And I got to have a trouble.
- So I can take the truth. Of who God is. And put it on the trouble. Of what I'm going through. Stand on closer. Did God give you this trouble? Trust fluctuates doesn't trust fluctuates doesn't it? God doesn't Before we see this song I want you to know something about it Coach said, you're gonna have to break that in. He said, you need to break it in tonight. Glove's too stiff. I said, it's a good glove, coach. You pay good money, it's sporting goods for the glove. He said, ain't nothing wrong with the glove. He said, if you want to, you can put it in the oven. Now, baseball families know that's probably not the best way to break the glove in. But it'll work. the other I know gloves are supposed to go in and you think truth will work in trouble that's where God breaks in let's take me out of context.
- I don't believe that you stay worried when you worry with God I realize he separates what you care about that you shouldn't so much And what you're carrying that you shouldn't be carrying by yourself. That's what happens when you present it to God. David said, my God. That's the difference. That's the only difference I want you to make this week. I know you're struggling with it. I know there is an oven that your faith is in. But just shift it. Take the worry and convert it to a prayer. Just put God at the front of it. God. You don't have the answers. You know you don't. But you have a father. And if you will talk to him like that this week, hallelujah, he'll train you in trust. He not only gave you the truth, he uses the trouble to prove the truth. Put the heading back up one more time. Y'all all know David got out of Gath. I don't have to tell you that. You know we went on to be king. I don't have to tell you that.
- You know how your story ends too. He will begin a good work and you will be faithful to complete it to the day of Jesus Christ. Flip to the back of the book, it says amen. That means so be it. That means God's going to do everything he said he would do. Hallelujah. Hallelujah. Hallelujah. Hallelujah. To the tune of a dove on distant oaks. I didn't know what that was. I looked it up. I was glad I did. It's a type of song.

- There are six of them in the Hebrew scriptures. They always start in crisis and they end in confidence. That's what happens when you worry with God. A miktah. Never heard of a miktah. I've heard of a mixtape. I've never heard of a miktah.
- I can tell you all about mixtapes. LA looks. All kinds of things from the 80s, but I never heard of it. And I was very blessed to learn that not only does it start in crisis and end in confidence, like it always happens when you talk to God, but that it comes from the word that means comfort.
- Because it's reserved for those kinds of prayers that you pray when you're trying. that it's usually a prayer that you have to pray inside of yourself, not to yourself, you pray to God, but you allow him to enter into your situation and show you the truth again. So I wondered, is it not only that David had to cover his lips when he prayed this and pretend to be crazy to get away from God, was it also a mictum? Because while he was covering his mouth, God was covering him.
- My God, he that dwelleth in the secret place of the Most High will abide under the shadow of the Almighty. The God of Abraham, the God of Isaac, the God of Jacob. Bow your head and close your eyes. Father, as we sing this song, Jireh, you've sealed the truth in our hearts that my God will provide. "I'll never be more loved than I am right now. Wasn't holding you up, so there's nothing I can do to let you know. It doesn't take a trophy to make you proud. I hear your voice, carried in the rhythm of the wind to call me out I know you would cross an ocean so I wouldn't drown. You would never be closer than you are to me.

Sermon notes from 2017 – Work Your Window Part 2– “The power of Pre” by Pastor Steven:

- **Recap Work Your Window week 1 – The Power of Precision**
 - View the victory – You have to see it before you can seize it.
 - Focus on the fight – where does God want you to win?
 - A lot of us aren't winning anywhere because we try to win everywhere.
 - It is the power of pre-cision – I have aimed in the direction of completion. I will not stop until it comes to pass. Take aim and then take action.
 - Often the battle is decided by your attitude – before the battle starts.
 - This inspiration is from the deep tracks of the bible – 2 King 13 - Elijah does not give the King chicken soup for the kingly soul. But rather Elisha gives the King some marching orders.
 - Have a preview of Heaven's agenda for your life.
 - Point your expectations in the direction of my destiny.

Understanding your why (your reason for living) helps during trips in the wilderness and tiresome circles around a wall:

Dr. Tim Keller in is sermon “A reason for Living: “What if we found the reason for life? Why we were created? Why we were designed? And conformed to that and then honored that? If there is a design, there is a designer. And if there is a designer, the logos has come. Not some abstract philosophical principle. It is a person. The designer has punched a hole into the world and he has descended. And you were built not to just honor some philosophical principle. But you were built to know and love this divine person. When you know him and when you serve him and you find out what he built you for, when you comply with it and submit yourself to him, you find out who you are. And you are now able to reach your potential.”

Text of the Charles Spurgeon sermon called “The Peculiar sleep of the beloved”

The Peculiar Sleep of the Beloved

By Rev. C. H. Spurgeon

The sermon is titled "The Peculiar Sleep of the Beloved" (Sermon No. 12, preached on Sunday morning, March 4, 1855, at Exeter Hall, Strand). It is based on Psalm 127:2: *"For so He giveth His beloved sleep."*

Opening: The Common Mercy of Physical Sleep

"The sleep of the body is the gift of God. Not a man would close his eyes, did not God put His fingers on his eyelids; did not the Almighty send a soft and balmy influence over his frame which lulled his thoughts into quiescence, making him enter into that blissful state of rest which we call sleep.

It is God who steeps the mind in lethe, and bids us slumber, that our bodies may be refreshed, so that for tomorrow's toil we may rise recruited and strengthened. O my friends, how thankful should we be for sleep! Sleep is the best physician that I know of. Sleep hath healed more pains of wearied bones than the most eminent physicians upon earth. It is the best medicine; the choicest thing of all the names which are written in all the lists of pharmacy. There is nothing like to sleep!

What a mercy it is that it belongs alike to all! God does not make sleep the boon of the rich man, nor give it merely to the noble, but He bestows it upon all. Yea, the sleep of the labouring man is sweet, whether he eat little or much. While luxurious effeminacy tosses from side to side upon a bed of down, the hard-working labourer throws himself upon his hard couch and sleeps; and waking, thanks God that he has been refreshed."

The Four Dimensions of the "Sleep of the Beloved"

Spurgeon explains that beyond natural bodily rest, there are four special senses in which God grants deep, peaceful sleep to His people:

1. A Quiet Conscience

A quiet conscience is the sweetest music that can lull the soul to sleep. The demon of restlessness does not come to that man's bed who has a quiet conscience—a conscience washed in the blood of Jesus Christ, right with God, and at peace with all mankind. When the Christian lays his head upon his pillow, he can say:

*With the world, myself, and Thee,
I, ere I sleep, at peace shall be.'*

He knows his sins are blotted out; he knows his debt is paid; he knows his soul is accepted in the Beloved. He rests in perfect peace."

2. Contentment and Freedom from Anxious Care

"The beloved of the Lord sleep the sleep of contentment. The worldling rises early, sits up late, and eats the bread of sorrows, fretting over his investments, his barns, and his worldly prospects. But the believer leaves tomorrow with God. He knows that his Heavenly Father feeds the ravens and clothes the lilies of the field.

What may be my future lot,

*High or low concerns me not;
This doth set my heart at rest,
What my God appoints is best.'*

He casts all his care upon the Lord, for He careth for him. Thus, God giveth His beloved sleep in the midst of life's heaviest storms."

3. Confidence in God's Sovereign Protection

"The child of God sleeps securely under the shadow of the Almighty. He knows that the Keeper of Israel neither slumbers nor sleeps. Whether sickness comes, or danger threatens, or the midnight alarm sounds, he is safe in the everlasting arms.

*He that hath made his refuge God,
Shall find a most secure abode;
Shall walk all day beneath His shade,
And there at night shall rest his head.'*

The Christian can lie down in peace and sleep, for the Lord alone maketh him dwell in safety."

4. The Peaceful Slumber of Death

"Lastly, there is the sleep of the grave—the last, sweet sleep that God gives to His beloved when life's race is done. To the Christian, death is not destruction, nor a dark leap into nothingness; it is called falling asleep in Jesus.

The body is merely laid to rest in its earthly bed, awaiting the glorious morning of the resurrection. The soul enters into everlasting rest, while the weary body sleeps until the trumpet shall sound. Blessed sleep! Where no pain can enter, no sorrow can vex, and no tears can flow. *'So He giveth His beloved sleep.'*"

eGroup discussion points:

Psalms 56

For the director of music. To the tune of “A Dove on Distant Oaks.” Of David. A *miktam*. When the Philistines had seized him in Gath.

- ¹ Be merciful to me, my God,
for my enemies are in hot pursuit;
all day long they press their attack.
- ² My adversaries pursue me all day long;
in their pride many are attacking me.
- ³ When I am afraid, I put my trust in you.
- ⁴ In God, whose word I praise—
in God I trust and am not afraid.
What can mere mortals do to me?

1 Samuel 21:8-12 New International Version

- ⁸ David asked Ahimelek, “Don’t you have a spear or a sword here? I haven’t brought my sword or any other weapon, because the king’s mission was urgent.”
- ⁹ The priest replied, “The sword of Goliath the Philistine, whom you killed in the Valley of Elah, is here; it is wrapped in a cloth behind the ephod. If you want it, take it; there is no sword here but that one.”
- David said, “There is none like it; give it to me.”
- David at Gath**
- ¹⁰ That day David fled from Saul and went to Achish king of Gath. ¹¹ But the servants of Achish said to him, “Isn’t this David, the king of the land? Isn’t he the one they sing about in their dances:
“‘Saul has slain his thousands,
and David his tens of thousands?’”
- ¹² David took these words to heart and was very much afraid of Achish king of Gath.

Sermon Summary: What if the thing you've been worrying about could become the thing you pray about? Trusting God doesn't mean you'll never feel afraid, it means you don't have to carry your fear by yourself. The next time your mind starts rehearsing everything that could go wrong, turn the worry into a prayer and remind yourself: You have a Father who knows what you need.

- **How you finish this sentence.**
 - **When I am afraid, I _____.**
 - **When I am stressed, I _____**
 - **When I am worried, I _____.**
 - **Can I use another word? When I am trapped, I _____**

Practices to train trust “all day long”

- Build your verse 3: deliberately choose “I put my trust in you” when fear strikes; trust repeatedly as attacks persist “all day long.”
- **Convert rumination to prayer:** Begin with “God...” and tell Him the exact fear/burden; be honest (adoration, confession, thanksgiving, supplication may follow, but start with honesty).
- **Breathe through anxious moments;** take small faithful actions (get out of bed, drive, show up) as declarations of trust.
- **Put truth on the trouble:** Hold a specific truth about God’s character over the concrete trouble you face (healer, provider, deliverer, way maker, covenant keeper).
- **Use past victories (e.g., “Goliath’s sword”) as reminders:** “I like that one” —what God already gave and did. Remember the Father: “Worry is when you remember that you have a problem and forget that you have a father.” Train through praise and gratitude: praise is part of training; end each day with “Thank you, Lord.”

- How crazy is this? You can trust that His blood was enough to keep you out of hell. You can trust that his cross was enough that all your shame is nailed to it. You can trust him that he breathed out and you breathed in and the spirit of him who raised Christ, you can trust him that he rolled a stone but you can't trust him that he can hold your burden – You never graduate from the need to trust God. You've got to train that every day. You've got to stand it up every day. You've got to stand it up when it falls down every day. I'm talking about training your heart to trust God.

Go Deeper: There are only six miktams (or michtams) in the Bible:

- Psalms 16, 56, 57, 58, 59, and 60
- Quote from Elevation Church: While the exact translation for miktam remains a mystery, many scholars link it to the word nakamu which refers to a protective covering.
- As Pastor Steven taught us, miktams are reserved for the prayers we pray when we're trapped. They start in crisis, but end in confidence - which is what happens when we worry with God.

Great logic here by Pastor Steven:

- If you read Psalm 56, it sounds like David's worrying. He said, my enemies, verse 1, are in hot pursuit. All day long they press their attack. My adversaries pursue me all day long.
- He's talking about his enemies. He's talking about the pressure. He's talking about the attack. He's thinking about the adversaries. He's thinking about the pride of those attacking him.
- **He is thinking of all of those things. But if you look at verse 1, There is a key that can take you from worry to prayer so fast. He said, be merciful to me, my God. So prayer is not changing what you're talking about. It's just changing who you're talking to about it.**
- **And so the next time. Train it to pray. Because you're already halfway there. Because he already knows what you need. Because he already knows what you're struggling with. Because stuffing it down isn't going to do anything but suffocate you. So why not talk to God about it? Present your request to God.**
- **Because I realized that worry is a prayer to yourself. Worry is just me trying to do two jobs. See, I'm supposed to make the request. And God is supposed to do the response. Yeah but when you worry, God said, would you stop trying to do my job? Would you stop trying to hit the ball back to me? Would you let me be God in your life?**

Closing emphasis and worship

- Assurance: God both gives the truth and uses the trouble to prove it; He prepared provision (e.g., the sword behind the ephod).
- Confidence in God's completion: "He will begin a good work and you will be faithful to complete it... Flip to the back of the book, it says amen."
- Pray into the song "Jireh" - "my God will provide" and God's unchanging love.

Upcoming steps / actions

- Convert each worry into a prayer "to God" by explicitly addressing Him and presenting requests with thanksgiving (Philippians 4:6).
- Name and rewrite your "When I am afraid, I ____" with "I put my trust in you," then practice it in small actions "all day long."
- Identify one truth about God and place it over one specific current trouble; recall a past victory as evidence.
- Use praise and end-of-day gratitude as training reps.
- Further learning: "Highlights" with Holly on Elevation Church YouTube, Monday at noon, covering forms of prayer and additional applications.