

## DAY 23 – When I Am Afraid

### **Psalm 56**

**56** *Be merciful unto me, O God: for man would swallow me up; he fighting daily oppresseth me.*

<sup>2</sup> *Mine enemies would daily swallow me up: for they be many that fight against me, O thou most High.*

<sup>3</sup> *What time I am afraid, I will trust in thee.*

<sup>4</sup> *In God I will praise his word, in God I have put my trust; I will not fear what flesh can do unto me.*

<sup>5</sup> *Every day they wrest my words: all their thoughts are against me for evil.*

<sup>6</sup> *They gather themselves together, they hide themselves, they mark my steps, when they wait for my soul.*

<sup>7</sup> *Shall they escape by iniquity? in thine anger cast down the people, O God.*

<sup>8</sup> *Thou tellest my wanderings: put thou my tears into thy bottle: are they not in thy book?*

<sup>9</sup> *When I cry unto thee, then shall mine enemies turn back: this I know; for God is for me.*

<sup>10</sup> *In God will I praise his word: in the LORD will I praise his word.*

<sup>11</sup> *In God have I put my trust: I will not be afraid what man can do unto me.*

<sup>12</sup> *Thy vows are upon me, O God: I will render praises unto thee.*

<sup>13</sup> *For thou hast delivered my soul from death: wilt not thou deliver my feet from falling, that I may walk before God in the light of the living?*

**Focus:** Trust Over Fear

**Psalm 56** speaks directly to moments of anxiety: “When I am afraid, I will trust in You.” Notice, David does not say “if” I am afraid — he says “when.” Fear is a natural human response, but it does not have to control us. Lent invites us to confront fear honestly and then surrender it intentionally.

This psalm offers tender assurance: “You number my wanderings; put my tears into Your bottle.” God sees every tear and counts every restless night. Nothing escapes His awareness. Fear may whisper loudly, but God’s promises speak louder. Trust is a decision made repeatedly, especially in uncertain seasons.

**Psalm 56** reminds us that faith does not eliminate fear instantly; it replaces fear gradually with confidence in God's presence. When we choose trust, we step into freedom.

**Prayer:** Lord, when fear rises, anchor us in trust. Remind us that You see every tear and hold us in Your care. Amen.