

Bible Summary

Anxiety
Psalm 27

Today, many in our nation are facing the most stressful situation of their lives. The possibility of long-term financial instability, disease, or even death. How do we as followers of Jesus walk out anxiety? David in the midst of his stress forges a path for us to follow. David has real enemies that want to cut off his head. He is facing death. He reminds himself of who God is, tells God his problems, goes to church, and ignites his faith. This is the biblical way to deal with stress.

Scriptures – Luke 10:17-20, Jeremiah 32:17, Genesis 3:1-10; Psalm 51; Isaiah 26:3; Matthew 11:28-30

Bible Questions & Application

(These are meant to aid in facilitating conversation.
There is no obligation to run through **every** listed question.)

1. Faith and fear can live within us at the same time. Can you name some of your fears?
2. It's not the fears themselves but what you do with them that matters. How does magnifying God in fearful times change your perspective?
3. When David was in peril, he reminded himself to focus on the Lord (v. 8). Why do we wait to be "surrounded" by our enemies before we cry out to the Lord?
 - a. How can we train ourselves to focus on the Lord? In times of uncertainty, is your first instinct to seek God? If not, what is typically your first response to danger or stress?
 - b. How can we demonstrate hope in times of great fear?
4. What's the difference between beauty and usefulness?
 - a. Review your prayer life for the last two weeks. What do your prayers mostly consist of? (Talking to Jesus about His beauty? Asking Him for help? Something else?)
5. With our current situation with the COVID-19 virus what is your screen time vs. scripture time ratio? What is that ratio creating inside of you?
6. What does it mean to "be at home with God" (dwelling)? What are the things you do to feel more at home with God?
7. As we are being encouraged to distance ourselves socially/physically from others at this time, what are some creative ways we can "get together" to encourage one another in our faith?
 - a. What can you do to serve others right now?
 - b. As believers, what kind of special hope and confidence can we offer to non-believers?

"Getting to Know You" Questions

1. Since we last met, what are a couple things you're particularly thankful for? (Philippians 4:8)
2. What is a challenge you are facing right now?
3. What is one thing you are looking forward to?
4. How can we pray for you this week?