

Community Group Discussion

Sunday, August 30th – Psalm 19

“When I Feel Unsure, Anxious and Afraid

- Pray that God would speak to you and your group today.
- Read **Psalm 19: 1- 14** with your group.
- Discuss the Psalm and ask if anyone has questions regarding the text.
- Be prepared to share about times you have anxiety and fear in life.
- Be transparent with your group. Small groups are a safe place to share. Confidences will be kept.

The world we live in is full of uncertainty. When we turn on the news, read the paper or scroll online, we see a world that seems to be spiraling into chaos. We are all tempted to place our trust in the circumstances of this world. It's easy to fall into fear, worry and anxiety with uncertainty with the stock market and Covid-19. Yet, the world has been broken since the fall of man in Genesis. The problem inside all of us is our “natural bent” towards control. We believe we have more control over “our world” than we really do. I have noticed in my life that the times I feel most anxious and fearful are the times I believe “I am in my control”. Yet, peace and rest come when I remember through God's Word that He is King and still sits on the throne. AW Pink said, “Nothing happens in your life but that God either promotes, permits, or prohibits.” Knowing that God lives and reigns on the throne over all the events of the world and “MY LIFE” gives me peace.

I can also find peace in knowing that God is using every event in my life for my good. His promises don't waver the way our belief in them often does. The only way that the soul of a person can be quieted during difficult days is to know God and His love for us. So, when you are worried, fearful and anxious, remember that there is nothing good that God is keeping from you in THAT moment. Though we often have a difficult time seeing it, His love never changes and certainly never fails.

Discussion Questions:

1. What are things currently happening in your life that lead you to have anxiety and fear?
2. We may worry about finances, children, jobs or a host of other things. Can you talk about times that God has proven to be faithful even when the circumstances of life seemed hopeless?
3. Is it difficult to believe that God is using everything for our good- even in the worst circumstances?
4. What are spiritual disciplines that can help when you feel anxiety and fear? Can you share with those in your group the things that encourage you during these times?
5. How can you be a blessing to those you see this week who are worried and fearful? How can you respond to them in a way that will point them to Christ?