

# MESSAGE DISCUSSION GUIDE

If I'm Honest... // Week 4 // I am Afraid

Oct. 21/Oct. 22, 2017



## ICEBREAKER

What is something you're afraid of?

## KEY SCRIPTURE

**Psalm 46**

## DISCUSSION QUESTIONS

### **I will run toward God, not away from Him**

1. When you're in trouble is your first tendency to run to the Lord?
2. What are some things you do to avoid the reality of your fears?
3. Read *Psalm 46:1-3*
4. How can hiding this Psalm in your heart give you peace in times of trouble?

### **I will put my confidence in God alone.**

1. Do you feel at times like you are at the mercy of your circumstances?
2. What songs/hymns come to your mind during times of trouble?
3. Read *Psalms 46:4-9*
4. Confidence in God will produce \_\_\_\_\_.

### **I will wait for God**

1. Read *Psalm 46:10-11*
2. If I'm honest, being still is a struggle! We often want a quick fix to something we are going through. But how is God calling you to be "still"?
3. What fears, worries, anxieties, or troubles are distracting you today?
4. What can we learn from the nation of Israel (The Red Sea, 40 years in the desert, The Assyrians)? What happened in each of these circumstances when it looked like there was no way out?

## PRAYER

Lord of Heaven and earth, you are God and we are not! Help us to have the confidence to run to you for all of our concerns. Lord also help us to "be still" and wait on you. We confess that we often want quick fixes, but help us to realize that your timing is best, and you are sufficient to take on all of our burdens and fears. Thank you Lord that you are enough for me. In your name we pray this. Amen

## CHALLENGE

Run toward God, not away. Put your confidence in God alone. Be Still and wait for the Lord.