



## Week 3: Anxiety

**Discussion Overview:** As we look at the Psalms this week, even in this ancient book we see that anxiety is an ageless problem humans wrestle through, but also proof that anxiety does not have to control or define who we are. Whether you experience anxiety clinically or situationally, the truth is that our God is more powerful and more in control than any other person, circumstance, or feeling. When we learn to trust that God is actually in control, our fear of the unknown or of being out of control diminishes and our faith is strengthened.

**Key Scripture** Psalms 27, 62, 77, 94, 116, 121, 139

### Getting Started

- When you think about the future, what causes you to be anxious?
- What are daily things that can cause anxiety for you?
  - Ex: tests, auditions, difficult conversations, performances, game day, etc.
- What is your natural response when you are anxious about something?
  - Get angry or irritable, freak out, bite fingernails, etc.

**Pro Tip for Leader:** Anxiety usually stems from thinking about unknown or dangerous situations occurring in the future. To help with this, try to redirect your thoughts to remember that God is in control and take one step forward. Also, when you're reading the Bible and looking for answers, don't be overwhelmed by a confusing chapter, but cling to a simple truth that will remind you of God's love and faithfulness towards you.

### Digging Deeper

- Read Psalm 27 verse 1 and 14. When you are anxious about the future, what are 2 truths you can remember from these verses?
- Read Psalm 62:1-8. When you are anxious and unable to settle down, what are 2 truths from these verses that could help you?
- Read Psalm 77. What was Asaph's thought process in verses 1-9? What changed in verses 10-20?
- Read Psalm 94:1-3 and 20-23. When you are anxious about all the wickedness in the world, what are 2 truths from these verses that can remind you to trust God?
- Read Psalm 116:1-7. How do these verses describe God's nature? How does this truth of God effect how the psalmist responds?
- Read Psalm 121. How might this Psalm calm anxious thoughts.
- Read Psalm 139:1-18. God knows you better than anyone else. How might this truth ease anxious thoughts.
- What do you need to remember about God when you are anxious?
- Make a mental note of the people in your life that will remind you of these truths when you are anxious.