



Praying Through Our Fears

Sermon Discussion Questions - July 17, 2022

Text

Psalms 3

Discussion Questions

1. Read Psalm 3 aloud, slowly. What primary emotions do you sense the author, David, is expressing in this psalm? When was the last time you felt this way?
2. When you experience fear, do you tend more toward ignoring it or toward letting it rule your thoughts and feelings? What does David do with his fear?
3. How does David describe God in verse 3? How is David able to describe God in this way? (For context, David wrote this psalm toward the end of his life, after he had defeated Goliath, survived being hunted by Saul, and ruled a powerful and wealthy nation.)
4. Remembering our past experiences where God has helped us can give us confidence when we face new challenges. When has God shown Himself powerful to help you in your life? In what ways could remembering this help you when you are afraid?
5. David boldly asks God to defeat his enemies in verse 7. Do you feel confident to ask God for help the same way David does? Why or why not?
6. To learn and process more about the emotion of fear, consider listening to the [“Reframing Fear”](#) episode of The Austin Stone Institute’s podcast *More To It: Reframing Emotions* as a group or individually. Then, work through the questions in the [Groups Guide](#) for that episode.

Prayer

Lord, fear is a part of our fallen, sinful world. Help us to bring our fears and anxieties to You, to remember Your goodness and grace to us in the past, and to trust You to move on our behalf in the present. We love You. Amen.



