

Sermon Discussion Questions: Fear
Bottled Up

- **Ice Breaker**
 - What irrational fears do you have? (Heights, clowns, bridges, etc.)

- **Discuss the hope for this series**
 - Are you a person who bottles up emotions, or blows up?
 - What did we say last week about healthy ways to engage our emotions?

- **Fear is a response to anything that threatens your SAFETY, your CERTAINTY, or your CONTROL.**
 - Share some examples of fears you experience.
 - What other words would you use to describe the emotions that surface when your safety, certainty, or control are threatened.

- **Turn to Psalm 3**
 - Let's discuss context first.
 - Who wrote it?
 - What were the circumstances in David's life at the time?
 - Read 2 Samuel 15.

- **Read Psalm 3:1-2**
 - David engages with God in the midst of his fear. What keeps you from engaging with God when you're worried and anxious?
 - In the sermon we heard that we need to "identify the source of our fears." What does that mean?
 - How is that helpful?
 - How do our fears expose our hearts?

- **Read Psalm 3:3-4**
 - How does David remind himself of God's goodness?
 - How would focusing your attention on God's goodness help you?
 - What are the good things about God that come to mind?
 - How has God "answered from his holy hill?"

- **Read Psalm 3:5-6**
 - Did David circumstances change?
 - How was David's heart changed?
 - What can you learn from this Psalm that will help you pray?
 - What can you learn from this Psalm that will help change your heart when feeling overwhelmed by fear and worry?

SHARE YOUR FEARS WITH ONE ANOTHER AND PRAY FOR EACH OTHER