



### **CONNECTION**

[1] What insight, principle or observation from this weekend's message did you find to be most helpful, eye opening or troubling? Please explain.

### **OBSERVATION & INTERPRETATION**

[2] Where do you find "shelter" or "refuge" when you face times of trouble and stress?

[3] Psalm 91:1-2 points to God as our shelter and refuge. What are some unhealthy ways or things people try to find shelter and refuge in? How does seeking shelter and refuge in unhealthy ways impact us?

### **APPLICATION**

Pastor Rich spoke of three dwelling places we can find ourselves in during times of crisis...

[4] When we are in the dwelling place of fear God speaks courage to us and reminds us of our calling. Share an example if you have one of a time when, like Gideon, God helped you overcome your fears.

[5] What did the story of David at the cave teach us about leaving strongholds behind? Do you find it is hard to get started doing what David did when you are discouraged? Why or Why not? What might happen if you choose to do what David did regardless of your current motivation?

[6] Paul and Silas modeled using prayer, singing, and proclaiming Jesus as part of their "break out of jail" strategy for shaking things loose, opening doors and braking chains. How might having the same heart attitude they had help you break out of your situation?

### **REFLECTION**

[7] Where are you dwelling? Which take away from the message can help you the most move into the shelter of God where you can find peace, rest, comfort and security? David was traveling with people who were distressed, discontent, and in debt...what voices are you listening to right now that may be creating fear, discouragement, and distrust in your life right now?