

WORRY-GO-ROUND

Fear or Faith?

Ice Breaker: Tell of a story or incident in your life that involves a hill.

Psalm 121: a song of faith when the journey is dangerous and anxiety fueled...

I lift my eyes to the hills – where does my help come from? (Psalm 121:1)

Two ways to see the “hills” in life – fear and worry or faith and hope...

When in dangerous or anxious situations do you most often lead with fear or faith?

- **The promise of provision and protection** – “I will pasture them on the mountains of Israel...I will tend them in a good pasture, and the mountain heights of Israel will be their grazing land.” (Ezek. 34:13-14)

How have you seen the provision and protection of the Good Shepherd in your life?

- **The reality of danger and hardship** – “A man was going down from Jerusalem to Jericho, when he fell into the hands of robbers. They stripped him of his clothes, beat him and went away, leaving him half dead.” (Luke 10:30)

When facing dangers and hardship, what are some strategies that can help you shift your perspective?

How you “see” depends on where you “look” for help...

Name one practical thing you will do this week to help you “see” God more clearly?

My help comes from the Lord, the Maker of heaven and earth. (v. 2)

The providence of God brings assurance and assurance destroys worry...

What does the providence of God mean to you?

- **His attention to every detail of your life** – “He will not let your foot slip – He who watches over you will not slumber; indeed, He who watches over Israel will neither slumber nor sleep.” (vv. 3-4)

Are not five sparrows sold for two pennies? Yet not one of them is forgotten by God. Indeed, the very hairs of your head are all numbered. Don't be afraid; you are worth more than many sparrows. (Luke 12:6-7)

- **His presence in every moment of your life** – “The Lord watches over you – the Lord is your shade at your right hand; the sun will not harm you by day, nor the moon by night.” (vv. 5-6)
- **His preservation through eternal life** – “The Lord will keep you from all harm – He will watch over your life; the Lord will watch over your coming and going both now and forevermore.” (vv. 7-8)

Which of the three points regarding the providence of God is most meaningful to you right now? Why?

*“Though the mountains be shaken and the hills be removed, yet my unfailing love for you will not be shaken nor my covenant of peace removed,” says the LORD, who has compassion on you.
(Isaiah 54:10)*

“But blessed is the man who trusts in the LORD, whose confidence is in Him. He will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit.” (Jeremiah 17:7-8)

In this current drought/pandemic called Covid-19 how have you seen examples of God’s “fruit” being demonstrated?