



April 21-22, 2018
Cry of the Heart When Afraid
Dr. Kurt Bjorklund

MESSAGE NOTES

Psalm 3

Types of Fear

A. External - Possibly True
Psalm 3:1

B. Internal - Likely not True
Psalm 3:2

How to Move Forward in Fear

A. Horizontal to Vertical
Psalm 3:3-7

B. Theoretical to Personal
Psalm 3:3-4

C. Survival to Blessing
Psalm 3:8

LIFE GROUP STUDY GUIDE

Reference:

Open in prayer and read Psalm 3.

Review:

What was one thing from this weekend's message that challenged, confused, or stood out to you?

Reflect:

1. If David was so sure God would protect him, why does he seem so concerned in this Psalm?

2. Read 1 John 4:18. What fears have been "driven out" of your life as a result of God's perfect love? What fear remains?

3. Some say fear is at the root of all anger. How have you seen that connection in your life?

4. As you think about the fears you struggle with, discuss how that translates to a lack of trust in Jesus.

5. Do you think God is displeased when we are afraid? Explain.

6. In a world filled with home security systems, triple lock doors, and more, how can we say like David, "I will not be afraid" (vs. 6)?

Respond/Reinforce:

Pray about how God might want you to confront your fears this week. With someone in your Life Group, discuss how you will need to trust Jesus in order to accomplish this.