

Discussion Guide

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Message: *Be Not Afraid* (Series: *Wise Up*)

June 11, 2023

PRIMARY PASSAGE

Psalm 34:1-6

I will praise the LORD at all times. I will constantly speak His praises.

I will boast only in the LORD; let all who are helpless take heart.

Come, let us tell of the LORD's greatness; let us exalt His name together.

I prayed to the LORD, and He answered me. He freed me from all my fears.

Those who look to Him for help will be radiant with joy; no shadow of shame will darken their faces.

In my desperation I prayed, and the LORD listened; He saved me from all my troubles.

MESSAGE HIGHLIGHTS

- Talk to God when you are afraid
- Believe God hears you when you pray
- Give credit where credit is due

DISCUSSION QUESTIONS

1. Describe a fear you've recently had.
2. Think about a time when knowing God had your back really helped you.
3. Is there a passage in the Bible that has been especially helpful for you when you've been afraid?
4. Reflect back on a fear you once had that has since worked out well.
Have you taken the time to acknowledge God's hand in that?
Have you thanked Him?
5. Pray for each other in pairs, bringing any anxieties before Him.

Dear God, You know me.

You know the times I have been paralyzed by doubt and fear.

You know what has been and You know what will be. Please give me courage.

Please enable me to run to You more often. Please quiet me. Amen.