

## Sermon Discussion Questions

**Date:** 8/24/14

**Title:** *"God is My Shield"*

**Text:** Psalm 3

1. What keeps you awake at night?
2. What could have kept David awake at night (at the time he wrote this Psalm)?
3. Why didn't David's troubles keep him awake at night?
4. What do you do with the thoughts that cause you anxiety?
5. Someone has described worry as a bad mental habit. What do they mean by that?
6. What should you do with the thoughts that cause anxiety?