

**SERMON SERIES:** SUMMER PLAYLIST

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## Key Line

“Worship Drowns Out Worry.”

## Introduction

This past week we concluded our series Strong & Courageous, learning about the story of Joshua and how God calls us to each be strong and courageous in our faith. This week we begin a new series called Summer Playlist, going through the book of Psalms. We'll start in Psalm 55 this week, talking about how worshipping can drown out our worries.

- What are some songs you have a memory attached to? (Songs from your childhood, a wedding song, the graduation walk song, etc.)

## Seek the Word

Read Psalm 55

- David was a king in the Old Testament. How would this make it difficult for him to be vulnerable in the Psalms?
- What are some emotions David is feeling in verses 1-3?
- In verses 5-6, David explains a reaction to his emotions. What is his reaction?
- What do verses 18-19 say about God's character?
- Verse 22 uses the word “sustain.” How does “sustain” reflect God's heart for His people?

## Go Deeper

Using either the Logos or Blue Letter Bible apps, do a word study on one of these words:

- Rescues (verse 18)
- Cast (verse 22)
- Sustain (verse 22)

What does the word mean?

Are there others Psalms that use this same word?

## Talk About It

- When you have feelings of anxiety or worry, what is your typical reaction? Is it similar to David's or different?
- Is it difficult for you to be vulnerable in front of God or others? Is it more difficult to be vulnerable in front of God or others?
- What can prevent you from casting your cares on the Lord? How can you remove those barriers?
- What can you do each day to remind yourself to cast your cares on the Lord?

## Wrap Up

*Reminder:* “Worship drowns out worry. They can't coexist. Doesn't mean the noise of anxiety goes away, but worship drowns it out.”

*Challenge:* This week, set a time each day to talk to God. During this prayer time first, take time to praise God for being who He is, and afterward take some time to let God know your anxieties and ask Him for guidance and peace.