

THE DISCIPLINE OF PRAYER: FEARS

Psalm 3

MAIN IDEAS FROM THIS WEEK

1. BE HONEST WITH GOD ABOUT YOUR FEAR
2. BE CURIOUS ABOUT YOUR FEAR
3. USE YOUR FEAR TO HELP YOU SEE JESUS MORE CLEARLY

DISCUSSION QUESTIONS – Pick one or two of these to talk about as a group

1. What stood out to you most from this week's message? Why?
2. Fear is something we all deal with. What are some of the bigger fears you deal with? Are these fears external (threatening your security), internal (threatening your identity) or both?
3. What is your typical first response to fear? If you could improve your response to fear based on what you heard this week, what would you change?
4. One of the main ideas this week was to "be curious about your fear." What do you think it looks like to put this into practice? **APPLY:** Take a recent experience of fear and apply some "curiosity" to that situation to see what it shows you about yourself, where you are looking for significance, etc.
5. The final idea this week was to "use your fear to help you see Jesus more clearly." How can fear lead us to Jesus? How can we have the confidence that David has in Psalm 3 when we face times of fear?
6. **OPEN DISCUSSION:** Take some time to discuss your experiences with fear, when fear has gotten the best of you, when you've faced your fear, and how fear has helped you see Jesus more clearly.

A TRUTH TO TAKE WITH YOU: The only thing capable of sustaining us through our deepest fear and anxiety is the love and approval of an infinite God.