



Week 4: Stress/Worry

Discussion Overview: As we look at a few Psalms this week, a theme comes up that is important to note. In fact, this theme comes up in many of the Psalms we have looked at over the past few weeks. That is, **God is more powerful than anything else ever and is the safest place to find rest and refuge.** No matter the situation, when you compare it to the awesomeness of God, it doesn't seem like that big of a deal. Future careers? Boyfriends? Girlfriends? Family problems? Being busy? Physical appearance? Struggling through school? Injuries? Sickness? Feeling rejected? Even death? All of these can be things we spend a lot of time stressed and worried about, but when we scale them next to the love of God, to the majesty of God, to the faithfulness of God, we can have confidence that we are not alone, and God is present and active in every situation. Trusting Him and moving our attention to Him first is a far better solution to any of these problems than trying to fix them in our own strength.

Key Scripture Psalms 29, 31, 46

Getting Started

- What things are you stressed or worried about right now?
- Are there people in your life causing stress?
- How much of your stress or worry is based on reality? That is, are you being stressed over something out of your control? Or are you making assumptions about something that is causing you stress?

Pro Tip: Stress and many other worries stem from a fear of being out of control. The truth is that we are not actually in control of anything. God gives us our very breath and is in control of every event and test score and conversation. When we can sit in the reality that God is in control our stress and worry starts to fade.

Digging Deeper

- Read Psalm 29. What is the progression of where David gives praise to God?
 - Answer: Heavens – waters – forests – animals – desert
 - What point is David making here?
- What is commanded in verses 1-2? Verses 3-11 are all the reasons why we are commanded to give glory to God ... note the last reason in verse 11.
 - When life feels chaotic, God is the provider of peace.
- Read Psalm 31. David communicates his weakness of body and soul in this Psalm. He's tired and feeling rejected but recounting that God heard his cry.
 - In verses 23-24 what advice does David give to people?
 - **How might being stressed or worried actually stem from pride?**
- Read Psalm 46:1-2. What do these verses promise?
- When trouble comes your way, what do you need to remember about God?
- When you are stressed or worried what verses are you going to cling to? Write them down and memorize them.