



Strength for Anxious Times

There is a prevailing sense of anxiety in the world around us, and for many people anxiety is a daily and personal struggle. Thankfully, the Bible isn't silent about this. This series helps us face the anxieties of life with the truth of the Word of God and the spiritual and practical applications it provides us today.

- What is one thing that stood out to you from this week's message?
- Circle Time: Have you ever cried out to God?
 - What was it that brought you were crying out for?
 - What was it about the way you were praying that made it a cry?
 - What were the emotions you experienced while you were praying?
- Read Psalms 61:1-4
 - What does it mean that David called to God from the ends of the earth?
 - Is he talking about physical distance or spiritual distance?
 - Anxiety can make you feel far from God. How do you draw in close to Him?
 - Are you ever actually far from God?
 - What does David recognize about God in v.3? *You have been my refuge, my strong tower*
 - Have you ever stopped to praise God even when you feel like you world is falling apart?
 - Describe your experience. If it helped describe why you think it helped. If it didn't help why do you think it didn't'?
 - What was David taking refuge from?
 - When it comes to your anxiety who or what is the foe you need a strong tower for?
 - What does it mean to dwell in the tent of the Lord?
 - How is the tent of the Lord different from the strong tower?
 - What is significant about the understanding of a tent as a temporary space?
- Circle Time: What have you learned about God through this series that helps you in how you deal with anxiety?