

How Do We Stop Worrying?

Psalm 46

Introduction: How do we stop worrying when there are just so many things to worry about? Terror and instability in the world. Financial uncertainties. Future unknowns. Health concerns. Our kids or our aging parents. We could go on right? There is no end to the possible things to worry about. And for many of us, we do worry . . . a lot. But we also know that the Bible says that we should not worry. And so how do we stop worrying? How do we deal with fear? The good news is that the Scriptures speak to this question in many ways and in many places. In this study we are going to look at Psalm 46 to see what light it sheds on this question.

Opening Question: Where do you sense most of your anxiety is coming from these days?

Read Psalm 46

1. What sticks out to you in this psalm?
2. What indications are there in the text of the threats that had been faced?
3. How is God described in this psalm? Who is He and what has He done?
4. How is the nearness of God to His people revealed in this psalm?

Brian said:

The answer to our worries is God. The psalmist says that . . .we need to know God. Remember the psalmist said that it was because of what he knew about God that he could say "therefore we will not fear." If you want to deal with your worries, you must get to know God. A fear-filled life very well may be an indication of a lack of knowledge of who God is. . . . Knowing God can help you deal with . . . any fear. I firmly believe that whatever your worry is that there is an aspect of God's character, something that is true about Him, that if you knew it and believed it would really help. And so get to know God.

5. How do you react to Brian's comment that a "fear-filled life very well may be an indication of a lack of knowledge of who God is?"

6. As you think about what worries you, what aspect(s) of God's character would help address that worry?

7. How can these aspects of God's character that we may intellectually "know" become something that experientially truly helps us with our fears?

8. When you think about an area of worry or fear in your life, what might it look like to "cease striving" (i.e. relax in the confidence of who God is) in this area and simply know that God is God (v. 10)?

9. Brian talked about how there are times when God doesn't seem to show up and be our very present help in time of need. How do you make sense of those times?