

Sermon-Based Questions
July 14, 2019
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Look Up: The Book of Psalms
Disaster- Psalm 46

Introduction (choose 1):

1. Share with the group a time that you experienced fear.
2. Why is having some fear good for us at times?

Understanding (choose 4-6):

3. *Read Psalm 46.* What stands out to you when you read these verses?
4. *Re-read Psalm 46:10.* Is “being still” when fear comes something that comes easily for you? Why or why not?
5. Pastor Ted talked about how his “worse-case scenarios” often don't include God. Why do you think it's easy to leave God out of the picture when we are fearful?
6. *Read Matthew 8:23-27.* What do these verses teach us about fear?
7. Is it hard for you to give control over to God? Explain to the group.
8. *Read Job 38:1-7.* What is God trying to say to Job in these verses?
9. Why does Satan want us to be isolated when we are fearful?
10. How has God used experiences in your life to relate with others who may have gone through, or are currently going through the same thing?

Application:

11. What scripture do you turn to when you are feeling afraid? Share with the group- feel free to jot down verses to have available next time you are overwhelmed with fear!
12. Take some time to pray with each other in the group. Pray for freedom from the fear that may be standing in the way of our relationship with God.

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Lectio Divina

1. **Opening Prayer:** Ask God for insight into His Word, for open hearts and minds, for hunger to know Him better, and for an attitude of learning from one another.
2. **Reading:** Have someone from your group read the passage aloud. It is best to print out a copy for each group member so they can read along, make notes, or go back as needed.
3. **Meditation:** Spend *an entire minute in complete silence*, contemplating what was just read. Feel free to re-read the passage quietly to yourself or jot down thoughts/highlight what stuck out to you.
4. **Sharing:** At the leader's signal, invite group members to share their insights for about 5 minutes.
5. **Repeat:** After the 5 minutes are over, repeat the process 2 more times using the same passage. Listen/read like you haven't heard this passage before. If there are longer moments of silence, the leader can prompt discussion with the following questions:
 1. What did you hear and what seems important?
 2. What is the Holy Spirit impressing on you?
 3. What does it make you think of from your life?

1 God is our refuge and strength, an ever-present help in trouble. 2 Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, 3 though its waters roar and foam and the mountains quake with their surging. 4 There is a river whose streams make glad the city of God, the holy place where the Most High dwells. 5 God is within her, she will not fall; God will help her at break of day. 6 Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts. 7 The Lord Almighty is with us; the God of Jacob is our fortress.

-Psalm 46:1-7

23 Then he got into the boat and his disciples followed him. 24 Suddenly a furious storm came up on the lake, so that the waves swept over the boat. But Jesus was sleeping. 25 The disciples went and woke him saying, "Lord, save us! We're going to drown!" 26 He replied, "You of little faith, why are you so afraid?" Then he got up and rebuked the winds and the waves, and it was completely calm. 27 The men were amazed and asked, "What kind of man is this? Even the winds and the waves obey him!"

-Matthew 8:23-27

1 Then the Lord spoke to Job out of the storm. He said: 2 "Who is this that obscures my plans with words without knowledge? 3 Brace yourself like a man; I will question you, and you shall answer me. 4 "Where were you when I laid the earth's foundation? Tell me, if you understand. 5 Who marked off its dimensions? Surely you know! Who stretched a measuring line across it? 6 Oh what were its footings set, or who laid its cornerstone – 7 while the morning stars sang together and all the angels shouted for joy?"