

SET FREE FROM ANXIETY

PSALM 77

SERMON NOTES:

NEXT STEPS:

1. Today, I'm admitting to myself, Jesus and to at least one other person that I am feeling anxious about things that are happening to me/around me.
2. This week, I will pray, be still (meditate, breath, and chew on the promises of God) for 15 minutes, 3 times a day.
3. This week, I will reach out to encourage, pray for, and meet with someone who is struggling with anxiety (Ministry of presence).
4. This week, I will contact Pastor David at pastor@tbclife.net to get connected with local, Christian Counselor who can further equip me to overcome my anxiety.

DISCUSSION QUESTIONS:

PSALM 77

Open your group or time alone in prayer, and remember that this is only a guide. Feel free to discuss each of the provided questions and Next Steps above, or simply dive deeper into just one. Before you close with prayer, look over the three essential questions at the end.

1. What's the difference between anxiety and depression?
2. What are some of the more common things we seek in our times of anxiety? How does seeking those things often get in the way of seeking God.
3. In verses 4-6, In addition to singing praise to the Lord, Asaph also refers to meditating. What is the value of meditating upon the Scriptures? How would you encourage someone to go about meditating on the Bible?
4. In verses 7-9 Asaph asks a series of six probing questions about the character of God. What would be true if the answer to these questions was yes?
5. Since God will never do any of these things (six probing questions), which of these promises minister to you most, and why? (see also - Hebrews 13:5; Lamentations 3:22-23; Mark 13:31; Ephesians 2:7)
6. Verses 11-15. How will remembering what God has done for us affect the way we view our future and impact what we talk about with others?
7. Verses 16-20. What sorts of things frighten you? What does the psalmist tell us that nature fears? What does the shepherd/sheep imagery teach us about the relationship we have with God?
8. How can you redirect your thinking when anxious? Philippians 4:4-9

THREE ESSENTIAL QUESTIONS

1. **What do you think?** How did this message challenge, change, or affirm your thinking? What point in this message was most impactful for you?
2. **What will you do?** How will you or your group put into practice what you've learned today?
3. **How can you help others in your group?** How can you encourage, affirm, pray for, or keep accountable the commitments they put into practice?

DID YOU KNOW:

Psalms 77 fits into the category of 'lament psalms,' which comprise the biggest portion of the Book of Psalms. These are occasional poems, composed out of a specific circumstance or situation, covering a variety of topics. The elements of a lament psalm can appear in any order and are sometimes repeated more than once in the poem. These elements most often consist of: a cry to God, a specific lament or explanation of the crisis, a prayer to God, a statement of faith, and a declaration of praise.

"To the Chief Musician. To Jeduthun. A Psalm of Asaph." As you read through this psalm keep in mind, it was originally written as a song to be sung by the congregation of Israel.

KIDS' SERMON GUIDE:

Fill a backpack with some really heavy random items. Put the backpack on your child's back. Say, "Every day we carry around worries and fears just like this heavy load of things that we should not carry. Ask your child, "What types of things scare you or make you anxious?" Share a few of your own worries.

Read Psalm 77. Pastor David told us in his sermon that there are characters in the Bible that did not hide their hurts and fears. Instead, they talked openly about what they were feeling and thinking. We should do the same!

Pastor David told us:

We should cry out to God and talk to Him about it. (Psalm 77:1-9)

We should choose to redirect our thoughts. (Psalm 77:10-12)

We should celebrate the goodness and greatness of God. (Psalm 77:11-20)

We are to "give" or as other translations say "cast" our cares on God. This is a word picture of literally placing them on His back. At this point take the backpack off your child's back and put it on your own. Ask your child how that made them feel with you carrying the load for them. God wants to do this for us too. God invites us to cast our cares on Him. He wants us to trust Him with our worries, anxiety and fear.

KIDS' ACTIVITY: ADOPTION PAPERS

Give your children several blank papers and tell them to write the different things that make them anxious on each of the papers. Once all of their worries and fears have been written down, have kids crumple them up and throw them in the trash, saying, "Today I choose to trust Jesus with my anxiety and fears."