

## HOME GROUP LEADER'S NOTES

### Week of January 7, 2019

Yep, we're starting a new series! Our focus will take us into the truth that we all experience some emotional challenges like fear, anxiety, and worry. So this series will help us all to know how to lean on God in the tough times. Please be praying for all of us who are leading groups. (I know I need the prayer.)

Here are a few tips that might help.

#### SHARE THIS

When you were a kid, who gave you a sense of peace when you were with them?

**NOTES TO LEADERS: For me, I had a few people with whom I felt safe. Let's listen well to what people say and don't say.**

#### LEARNING TO KNOW GOD FROM THE BIBLE

When we read God's words (the Bible), we are listening to God. Read through Psalm 46. What does it say about the character and attributes of God? ... about His works or actions?

**NOTES TO LEADERS: Please make a list of what we learn about God and His works. Then, let's listen in to what the people notice. As they share, perhaps they will also share what is important to them.**

What promises are given to us? How are these connected with His character?

**NOTES TO LEADERS: We are all trusting in someone or something. The world is constantly making false, unkept, or misguided promises. So in this series, let's again talk about how we can alter our thinking to hold on to His promises instead of the promises of this world.**

If to "Be still" (v. 10) means to 'lean upon God', where else might we be leaning? What might it look like to 'put our weight' upon God?

**NOTES TO LEADERS: The idolatry of the OT focused on two questions: What you are trusting in for your security or your happiness?**

#### DISCUSS HOW GOD CAN CHANGE OUR LIVES

What situations in your life bring out fear, anxiety, worry, or panic? What happens?

**NOTES TO LEADERS: This is going to challenge us to be real (honest, genuine, revealing). While we cannot probe, let's take time to hear out one another.**

How is thinking about the future often connected to anxiety?

**NOTES TO LEADERS: Much of fear and anxiety is about what might happen. When we discuss this, it might be helpful to think of a few additional questions:**

- How often do our fears or worries come true?
- Does it help to worry?
- Why do we tend to worry about future things?

How does it help to know God and that He “is with us?” (v.11)

**NOTES TO LEADERS: This is the main application of this Psalm. If we know the character and ability of God, that He loves us, that He has always done what is best in the past, that He has a plan, and that is with us, then His “perfect love casts out all fear.”**

Read Philippians 4:6-7 together. What does Paul say to do in order for peace to overrule anxiety? How can we encourage and practice this together?

**NOTES TO LEADERS: This could be the discussion that helps us know HOW to apply the promise of leaning on God. Take time to walk through the steps that Walter and Todd taught us on Sunday.**

Grace to you all,  
Steve