

Focus

As Christ-followers, we don't just show the way, we lead the way. But what does it look like for all of us to lead? How do we lead from where God has us right now? Let's look at some real-life examples from the Bible and learn how it's done.



INTRODUCTION

Today's message looks towards the Psalms to show us how we can confront current anxieties we may be experiencing. Discuss these questions as a group, or jot down your answers in a journal if you are completing this study guide on your own.

STARTER QUESTION

What is the difference between stress and anxiety? What do you typically do when you feel stressed or anxious?

INTO THE WORD

Read Psalm 56:3-4, Psalm 46:1, Psalm 57:1, and Psalm 121. Discuss/write down things or lies that may feel true in a stressful time. What is true about God, no matter what we are experiencing? How can we find peace from these verses?

Read Matthew 14:22-33. In times of crisis, we have a choice to focus on the problem or the Problem Solver. How does Peter's focus change, and what happens as a result? What parallels can we draw between this story and our current crisis?

Read Philippians 4:6-7. Paul challenges us to pray and to be thankful when we feel anxious. How can these two actions help? What are you thankful for right now?

APPLICATION

Like David did in Psalm 56:1-4, name your **WHAT** (what specifically is making you anxious), **WHY** (why is it causing worry for you?), and **WHO** (shift your focus to name who God is).

How can anxiety turn into something hurtful in your life or in a loved one's life? How do we minister to others when their anxieties take the focus off God or even blame Him for their circumstances?

Proverbs 16:9, Job 42:2, and Proverbs 19:21 reminds us that God is sovereign and *always* in control. Especially now that current circumstances have caused us to lose control, in what ways can we "let go and let God?" What positive and practical ways can we encourage others who are struggling with the loss of control?

PRAYER

Consider spending time in praise this week and name **WHO** God is. Verbally surrender your problems to Him and "Turn your eyes upon Jesus / Look full in His wonderful face / And the things of earth will grow strangely dim / In the light of His glory and grace" (Helen Howarth Lemmel).