

Sermon Discussion Questions, January 23, 2011
A Prayer for the Next Season of Your Life, Dr. Rod MacIlvaine
What to do when anxieties multiply-Psalm 121:1-8

Read Psalm 121 before you begin. This passage will serve as a catalyst for open discussion.

THE REALITY OF ANXIETY- Psalm 121:1a

1. Do you like or dislike change? Why or why not? What changes in your life have caused you the greatest anxiety?
2. What emotions surface when God calls you to a new season of life? Give a personal example.

1st DEFENSE – Psalm 121:1b-2

3. Where does the Psalmist find self-soothing in these verses? v.1b-2

2nd DEFENSE- Psalm 121:3-6

4. Skim verses 3-6. How should we pray in the midst of our anxiety?
5. How do you know you can trust the Lord?
6. What is the hardest thing you have ever had to entrust to the Lord? How were you able to persevere?

3rd DEFENSE- Psalm 121:7-8

7. List the promises in verses 7-8. What does each promise mean to you personally?