

## Unpacking the Preach

Date: 26th September 2021  
Sermon Title: Discipleship & Anxiety  
Bible Passage: Psalm 73: 23 - 26

### **Recapping the Preach**

Take time to read through the whole of Psalm 73 from a couple of different translations.

- How would summarise the main theme of the Psalm?
- What verses stand out to you in particular?
- What do you think the Psalmist means when he says, 'my feet had almost slipped'?

Stu began by saying that we are in a season where anxiety is high and resilience is low and this is not a good combination.

- How would you describe resilience?
- What helps you to be resilient and able to bounce back from life's knocks?
- We are in a season where anxiety is very high. What are the things that make you anxious?
- Do you think it is a sin to experience anxiety? Why?
- What is your current remedy or answer to anxiety?

Stu went on to mention that the Psalmist seems to be struggling with high anxiety and low resilience (vs.1-14).

- What are the observations that Asaph makes about the wicked's successes? Do you see this happening in the world?
- What observations does the Psalmist make about the character of the wicked?
- It seems that at the heart of the Psalmists plight is a question, 'is godliness worthwhile or just a waste of time?'. What do you think are some of the benefits of living a godly life and following Jesus? (make a list)

Stu focused on vs.23-26 which hold the truths that can encourage us when we are experiencing high anxiety. vs.23 God is present and near, vs.24 His Word guides and counsels us and we have a secure destiny, vs.25 He has given us the gift of prayer to cast our burdens on Him and He is our strength.

- How does the Presence of God encourage us when we are anxious?
- What verses can you think of that remind us that God is with us?
- Make a list of things that make you anxious and ponder why they make you anxious (what's at the root). What different Bible passages encourage our hearts against such anxieties?
- How do you think prayer helps us when we are feeling anxious?
- Read Philippians 4:4-7, Psalm 55:22 and 1 Peter 5:7. How do these verses instruct us in how we should pray when anxious?

### **Response**

- Is there anything from the preach and passage that you will be taking away to reflect on or work on?
- What are some practical steps you can take today to overcome anxiety?

### **Prayer pointers**

- Take time to share prayer requests and pray for one another.
- Take a moment to bring your cares and concerns before the Lord.
- Thank God for His presence in anxious times and His Word which encourages us.

### **Additional resources:**

If you need some additional resources the below websites are useful:

- <https://www.gotquestions.org>
- <https://enduringword.com>
- <https://www.biblica.com>
- <https://biblehub.com/commentaries/>