



# Small Group Discussion

## **PART II Trust vs. Fear November 5-6, 2011**

**Group Leader:** There is a lot of content in this week's Discussion Guide. Go through the sheet before your meeting and choose a progression that will best fit your group and the questions that will help you succeed in that. I recommend making sure you include the last section on cultivating intimacy with God.

### **Do You Have Faith?**

We began the Unburdened series with the foundation of faith and trust to replace fear and worry. It is most natural to take a circumstance and worry about it, but the opposite of that is taking God's Word and adjusting my life to it, even if involves risk.

*What are some examples around you of people you know taking risks:*

- The owners of the Northern Hotel who are gutting the building rebuilding it.
- Oil speculators (see article in Gazette - [http://billingsgazette.com/news/state-and-regional/montana/article\\_007fd956-0ee6-11e1-a876-001cc4c002e0.html](http://billingsgazette.com/news/state-and-regional/montana/article_007fd956-0ee6-11e1-a876-001cc4c002e0.html))
- Vern used the example of Harvest building a pool, or parents adopting orphans from Ethiopia....

*What areas are YOU taking risks?*

### **Getting Started: The Myth of Certainty**

*What areas do we require, or ask for, absolute certainty?* Major surgery, business start-up, home purchase

*What CAN we have absolute certainty on?* The most likely conclusion is that there isn't much that gives a certain ending.

While trusting God requires trust, it is also true that every part of life also requires some level of faith.

**READ: Hebrews 11:1 & 6** *"Faith is the confidence that what we hope for will actually happen; it gives us assurance about things we cannot see."*

*"And it is impossible to please God without faith. Anyone who wants to come to him must believe that God exists and that he rewards those who sincerely seek him."*

*Is there anything that is certain in your life?*

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## David's Practice of Trust Over Worry

### READ Psalm 3

**David's PROBLEMS** - From **Psalm 3:1-2** what is David's problem? David's many enemies have surrounded him and he didn't know if he would escape with his life. The context of this Psalm is David's son, Absalom, is trying to take over the kingdom and appears to have succeeded. David fled the capital city and is hiding out in the wilderness. His family has betrayed him, 2 Samuel 15-18 tells us that many of his friends had switched alliances to Absalom, now David wonders if even God has abandoned him, otherwise why would He allow his enemies to succeed?

*What problem do you have that seems to keep you from trusting God at the same time? Or where does it appear that God is not able to handle the problems you are facing?*

**God's CHARACTER** - From **Psalm 3:3-4** David shifts from His problem to what? David shifts to a focus on God's character

*There are three areas of God's nature that David identifies in 3:3-4 to help him during his crisis, what are they? God's protection (shield), His call to David to be King (hold my head up\*), and His willingness to answer prayer.*

\*The words **lifts up my head** express restoration to dignity and position (see the same idiom in Gen. 40:13, 20; 2 Kings 25:27)

**God's PROTECTION** – From **Psalm 3:5-6** David chooses to rely on God's nature to protect him in his choice to sleep instead of worry.

*Since David chose to trust God rather than to fear, what did he determine to believe in 3:6? To not fear his enemies.*

"I want, today, to try to give you a break. I want you to know that it is okay to be unsure, nervous, confused, doubting, and un-certain. And that the solution to that doubt, is not certainty (not investigating the facts until you are certain). No, the solution/remedy is not certainty...it is the internal decision to trust...have faith...believe...in spite of your uncertainty." Vern Streeter

**David's PRAISE** – **Psalm 3:7-8** finds David's circumstances unchanged, but something has definitely changed in David, what is it? His determination to trust God rather than become a victim of his circumstances.

*Compare David's statement of the problem in 3:1-2 and his statement in 3:7-8. What does he do with his problems? Turns them over to God in prayer.*

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*What does he ask God to do?* He asks God to judge his enemies (he's pretty honest here) and to restore him and bless his people.

**Review the main points of this chapter. How can you follow this same process in your struggle and turn it over to God's care? Take one of the struggles someone in your group is facing and apply these steps to it (Problem, God's Character, God's Protection and Choice to Praise)**

**Recommendation:** The key verse for Faith & Trust over Worry and Fear is **Romans 4:20–21** *Abraham never wavered in believing God's promise. In fact, his faith grew stronger, and in this he brought glory to God. He was fully convinced that God is able to do whatever he promises. (NLT)* Ask the group to memorize this verse and claim it with their choice to trust God in their specific struggle.

**Check out the Unburdened website that will help you through this series at [www.unburdened.me](http://www.unburdened.me)** The Resources page has some extra help in the category of Trust & Faith over Fear and Worry.