

## ROCK SOLID: The God of the Psalms

"Our God Who Frees Me from Fear" | Psalm 34 | August 28-29, 2021

This provides about one hour of focused reading and discussion. Use the portions you find most helpful.

### 1. Understanding the **context** of Psalm 34 | **1 Samuel 21:10-14**

- Think of some good results that can accompany fear. On the other hand, what are some of the negative results that often accompany fear?
- What fears do you wrestle with? When you face fear, what is your response?
- Read **Proverbs 9:10**. Discuss how this verse sheds light on the statement, "We tend to serve that which we fear."

### 2. Results of being **freed from fear**

- Read **Psalm 34:1-4, Psalm 69:29-30, 1 Thessalonians 5:18, 2 Corinthians 4:5-14**. What ideas do these passages teach us about handling difficulties?

### 3. Accept the **challenge**.

- Read **Psalm 34:5-8, Hebrews 12:2-3, 2 Corinthians 5:20-21, 1 John 1:1-5**.
- Thinking back to when you first committed your life to Jesus, what drew you to that moment?
- How is your life changing, especially regarding the role of fear in it?

### 4. Feel the **compassion**.

- Read **Psalm 34:17-18, Psalm 91:14-15, Psalm 51:17, Psalm 147:3, and Romans 8:31-39**. How is God's compassion evident to you in these verses?
- When have you experienced rescue? How did the results of the rescue differ from your expectation? In what ways were you aware of the compassion of God through that situation?

### 5. Receive the **promise**.

- Read **Psalm 34:19-22, Psalm 71:20, Psalm 57:1, Psalm 84:11-12**.
- How do we maintain faith when a situation challenges our trust in God or others?
- What does living victoriously look like, even in the middle of difficulties?

Close with **prayer** and a theme-related **song**.

- **"Psalm 34"** <https://www.youtube.com/watch?v=DfW2mkkMTAg>
- **"Christ is Mine Forevermore"** <https://www.youtube.com/watch?v=roQovDZeAWE>

If you have a prayer need, ask a friend or two here to pray with you, and to support you in prayer this week.