

Week 13 – Questions to Consider

Psalm 37 ~ Psalm 38 ~ Psalm 39 ~ Proverbs 9

Christian Life - Small Group Warm Up Question:

What Easter traditions help you remember and celebrate the true meaning of Resurrection Sunday?

1. Read Psalm 37:1. What sorts of things do you “fret” or worry about? Why do we worry? Does worrying do any good?
2. What do you think about the sermon quotes?
3. Consider what Jesus says: “And which of you by being anxious can add a single hour to his span of life? If then you are not able to do as small a thing as that, why are you anxious about the rest?” (Luke 12:25-26) How is this helpful to you?
4. Consider the second part of Psalm 37:1. How would you describe “envy”? Why might we be tempted to be “envious of wrongdoers”? Why does God refer to covetousness as “idolatry” in Colossians 3:5? Why does Psalm 37:8 say that worry leads to evil?
5. Read Psalm 37:4. Why is the second half often quoted out of context by false teachers? If our delight is in the Lord (Psalm 37:4a), what are the “desires of your heart (Psalm 37:4b) that the Lord will give you?
6. Have you every seen Psalm 37:13 as describing God’s laughter? What is He laughing at? Why? How does this give you comfort? How does this give you greater concern for the lost?
7. Is there a particular verse in Psalm 37 that impacted you?
8. When you were a child, how would you be disciplined for your disobedience? What did that discipline feel like? How can human discipline fail by being too permissive or too excessive? What is the goal of discipline? How is God’s discipline perfect? (Psalm 38:1)
9. The Psalmist (David) is obviously at a low point in his life and confesses his own sinfulness. “I confess my iniquity; I am sorry for my sin. (Psalm 38:18) How can we learn from Psalm 38 when we sin and suffer as a result?
10. Sometimes we do not know the source of our suffering, but we realize the shortness of life when we suffering. What lessons has God taught you in seasons of suffering? (Psalm 39)
11. Skim over Proverbs 9. Do you have a favorite verse? Why? Which verse was hardest for you to make sense of?

More questions @ www.southfork.church/psalms-proverbs-discussion-guide

FRET NOT!!!

Psalm 37:8 “Fret not yourself; it tends only to evil.” (ESV)
www.trustworthyword.com/what-does-the-bible-say-about-worry

Fret: *be constantly or visibly worried or anxious*

When was the last time you were anxious?

What sort of things do we worry about?

Health - Accidents - Disaster - Work - Money - Economy -
Friendships - Marriage - Kids - Grandkids - Family - Future -
Nation - World - Conflict - War - Safety - Home - Car - Pets -
Ourselves After Death - Others After Our Death - Evil

What are the top 3 things that worry you?

1. _____ 2. _____ 3. _____

Be Honest - How much time & energy do you spend on worrying? How much do you achieve?

"Half our fears arise from neglect of the Bible."

Charles H. Spurgeon

When Evildoers Prosper - Remember their E_____

- Psalm 37:1–2 “Fret not yourself because of evildoers; be not envious of wrongdoers! [2] For they will soon fade like the grass and wither like the green herb.”
- Proverbs 24:19–20 “Fret not yourself because of evildoers, and be not envious of the wicked, [20] for the evil man has no future; the lamp of the wicked will be put out.”
- Isaiah 35:4 “Say to those who have an anxious heart, 'Be strong; fear not! Behold, your God will come with vengeance, with the recompense of God. He will come and save you.'”

When Worrying Situations Arise - Seek the Lord & Wait on His T_____

- Psalm 37:7 “Be still before the LORD and wait patiently for him; fret not yourself over the one who prospers in his way, over the man who carries out evil devices!”
- Galatians 5:22 "But the fruit of the Spirit is...peace, patience..."
- Luke 10:41-42 “But the Lord answered her, "Martha, Martha, you are anxious and troubled about many things, 42 but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her.”

When You Are Tempted to Worry, Stop Before You S_____

- Psalm 37:8 “Fret not yourself; it tends only to evil.”

“When anxiety strikes and blurs our vision of God’s glory and the greatness of the future that he plans for us, this does not mean that we are faithless, or that we will not make it to heaven. It means our faith is being attacked.” John Piper

Worry Leads to...

- **God-less solutions, Sinful shortcuts, Mental anguish, Depressed souls, Wasted time, Missed opportunities**

When You Feel Like You Can’t Do Anything..

1) Who Is With You? Remember J_____.

- Hebrews 13:5-6 “for he has said, ‘I will never leave you nor forsake you.’ [6] So we can confidently say, ‘The Lord is my helper; I will not fear; what can man do to me?’”
- Matthew 6:25 “Therefore I tell you, do not be anxious about your life”
- Matthew 8:24-27 “And behold, there arose a great storm ... And he said to them, ‘Why are you afraid, O you of little faith?’ Then he rose and rebuked the winds and the sea”

2) What Can You Do? Take A_____ when Possible.

- John 21:20–23 “Peter turned and saw the disciple whom Jesus loved following them, the one who also had leaned back against him during the supper and had said, “Lord, who is it that is going to betray you?” [21] When Peter saw him, he said to Jesus, “Lord, what about this man?” [22] Jesus said to him, “If it is my will that he remain until I come, what is that to you? You follow me!” [23] So the saying spread abroad among the brothers that this disciple was not to die; yet Jesus did not say to him that he was not to die, but, “If it is my will that he remain until I come, what is that to you?” (ESV)

3) What Does Worry Do? S_____ Worrying.

- Luke 12:25-26 “And which of you by being anxious can add a single hour to his span of life? If then you are not able to do as small a thing as that, why are you anxious about the rest?”
- Matthew 6:31-34 “Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.”

4) What Does Prayer Do? S_____ Praying.

- James 1:5-8 “If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him. 6 But let him ask in faith, with no doubting, for the one who doubts is like a wave of the sea that is driven and tossed by the wind. 7 For that person must not suppose that he will receive anything from the Lord; 8 he is a double-minded man, unstable in all his ways.”
- Philippians 4:5-7 “The Lord is at hand; 6 do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”

This Next Week’s Psalms & Proverbs Reading Plan:

Week 14: Psalm 40 ~ Psalm 41 ~ Psalm 42 ~ Proverbs 10:1-16

- **Hope & Purpose in Jesus:** www.southfork.church/jesus
- **Daily Verse by Text Message:** remind.com/join/sfbcd devo
- **Our Plan:** www.southfork.church/2023-bible-reading-plan

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