

Harvest Bible Chapel
Small Group Questions
July 5, 2009

Accelerate your Trust
Psalm 37:1-15

1. Have everyone in the group write down a secret fear (i.e. the dark, spiders, flying, etc.). Collect them in a bowl. Draw out the papers one by one and see if you can identify who fears what.
2. Before we can accelerate our trust, we must first root out of our hearts the fears that cloud our ability to love God wholeheartedly and live confidently for Him. ⁺
 - Do I daydream or lie awake at night thinking about “what ifs”?
 - Do I wake up in the morning with dread about the day ahead?
 - Do I worry about what people are thinking about me?
 - Do I avoid getting close to people for fear of getting hurt?
 - Do I hoard money in hopes of feeling secure?
 - Do my moods fluctuate with the stock market?
 - Do I buy clothes or other items in hopes of being accepted?
 - Do I take medications to suppress anxiety?
 - Do I worry excessively about someone hurting me or my family?
 - Do I avoid engaging emotionally with my spouse or children because of fear of failing them?
 - Do I go overboard to protect myself or family from disease, accidents, or harm?
 - Am I hesitant to be honest with people for fear of rejection?
3. Having a right view of God is essential to replacing fear with faith. ⁺

What do I really believe about God?

 - Do I believe God cares about me and has my best interests at heart?
 - Do I believe God pays attention to and rules over everything that can and will happen to me?
 - Do I believe that the hearts of all people, even the most wicked, are in God’s hand?
 - Do I believe God is powerful enough to help me through every trial and circumstance?
 - Do I believe God is my comforter when I am afraid?
 - Do I believe God is my protector even in the most severe crisis?
 - Do I believe God will provide for my needs?
 - Do I believe God can change my spouse or children?
 - Do I believe God can change me?

Make a list of additional characteristics of God that reveal His trustworthiness.
4. Trust is the antidote to fear. Fearful and Faith-filled people experience the same circumstances, but faith-filled people respond by depending on God. Am I a fearful or faith-filled person? * ⁺

Fearful People	Faith-filled People
Fearful people get upset when the storms of life come.	Faith-filled people rest in the providential care of God.
Fearful people attempt to manipulate individuals and circumstances.	Faith-filled people trust an all-powerful God for change.
Fearful people trust in their own abilities and resources.	Faith-filled people put their confidence in the faithfulness of God.

Fearful people make decisions based on their changing emotions.	Faith-filled people are guided by unchanging scriptural principles.
Fearful people find their worth in accomplishments and what others think of them.	Faith-filled people find their value in who they are in Christ.
Fearful people are too self-focused to trust God.	Faith-filled people conquer fear by focusing on God's presence and promises.

*This section adapted from Fret Not, a radio series on Psalm 37 by Nancy Leigh DeMoss.

5. Psalm 37 lists 7 assignments for the person who Trusts in the Lord. What specifically is God calling you to do in response to these assignments?

- Do good.
- Dwell in the land.
- Befriend faithfulness. (Feed on the truth of God's faithfulness.)
- Delight yourself in the Lord.
- Commit your way to Him. (Trust in him and he will act.)
- Be still.
- Wait patiently for him.

+Sections 2, 3, and 4 are excerpts from REVIVE, a publication of Life Action Ministries, July 2009.