

### Tips and Tricks:

The sermon notes are designed to be used as a guide for discussion. Don't feel like you have to use every question. Some questions will take a while to work through and others will be over in a few seconds.

1. Don't teach the lesson. The sermon was just preached. Just ask the questions and let everyone else talk.
2. Let other people ask questions. It's OK to go "off topic" for a while. Sometimes those conversations are more interesting anyway!
3. Have fun. Don't forget to laugh and crack up. Relationships, not curriculum, are the heartbeat of our ministry. Remember: We have to build a relational bridge strong enough to hold the truth!

### Agenda for Group Time

1. Ice Breaker - Lighthearted ice breaker question (10 minutes)
2. Discussion - Bible study, sharing and application. (25 Minutes)
3. Prayer - Pray together (5 minutes)
4. Planning - Remember to talk about what's coming up.

### Icebreaker

My thoughts on worry:

- Chicken Little was an optimist.
- Someone has to be responsible for the universe!
- It's always blackest before the bottom falls out.
- Worry works. Things I worry about never happen.
- If I don't worry, who will!?
- Other: \_\_\_\_\_

What's been one of the most worry-free periods of your life? What made it that way?

---

### Read Psalm 91

Notice that there are three clear movements in the Psalm and these movements are marked by a change in the pronouns. "I," "You," then "I," again. The second time "I" is used it is God speaking. Its a divine "I."

### Whom Will God Protect?

How would you describe the Psalmists faith in verses 1-2?

- A personal faith
- A faith that is owned
- A faith that is shared
- A faith that makes a difference
- Other: \_\_\_\_\_

Why do you think the pronoun changes from "I" to "You" in verse 3?

- The author is confused
- The author is sharing their faith.
- Pronouns don't really matter. Its verbs that matter. I'm sick of pronouns ruining everything!
- I'm not sure. What's a pronoun? I was terrible in English class.
- Other: \_\_\_\_\_

Read verse 4 again.

Jesus alludes to this verse in Matthew 23:37:  
"O Jerusalem, Jerusalem, the city that kills the prophets and stones those who are sent to it! How often would I have gathered your children together as a hen gathers her brood under her wings, and you were not willing!"

According to Jesus, what kind of person does Jesus protect? (Also see verse 9 of the Psalm)

- Everyone that goes to church regularly
- Only Mississippi State fans
- People that are baptized
- People that have good theology
- People that trust in God & take refuge in Him
- Other: \_\_\_\_\_

How does a person take refuge in God?

---

### From What will God Protect?

Most of your worries about the future fit into one of five categories:

1. You'll be left alone.
2. You won't know what to do.
3. You won't have what you need.
4. You'll be hurt
5. You won't be able to make it.

The good news is that *worry is optional*. It's a choice. If you know God, you don't have to worry. There are over many promises in the Bible. What promises can you find in this Psalm?

Question: Does this Psalm teach that God will protect His people from every trial and tribulation that we can think of?

---

What does this Psalm teach about God's protection? What does the Psalm say that God will do?

---

Look at the last three verses of the Psalm (vv 14-16). The pronoun changes again. What does trust in God look like from God's perspective?

---

What helps you remain confident that God will be with you in times of difficulty and distress?

- He's done it in the past; he's doing it today. Why not tomorrow?
- He's God, isn't he?
- Because he promised!
- I'm not there yet. This is new to me, but I'm growing.
- Actually, I'd prefer he keep the difficulties away!
- Other: \_\_\_\_\_

How has God provided for you or fought for you in a time of need or difficulty?

---

The promises of God are for those who will trust God.

How can we grow our trust in God?

How can we help one another grow our trust in God?

---

### Work It Out!

One thing I'll do differently because of this sermon:

---