



____ God ____ himself is our strength.

God is our **refuge** and **strength**, a very present help in trouble.
Psalm 46:1

Fear is ____ eliminated ____.

Therefore we will **not fear** though the earth gives way... though its waters roar and foam, though the mountains tremble at its swelling. *Psalm 46:2-3*

“The worst that can happen is no cause for fear.”
— William MacDonald

“It is true, Lord, that the kings of Assyria have destroyed all these nations. And they have thrown the gods of these nations into the fire and burned them. But of course the Assyrians could destroy them! They were not gods at all—only idols of wood and stone shaped by human hands. Now, O Lord our God, rescue us from his power; then all the kingdoms of the earth will know that you alone, O Lord, are God.” *2 Kings 19:17-19*

2 Kings 19:35

“If God could save Hezekiah and his city from annihilation, he can surely help you and me in the stresses of life.” — Robert Morgan

How do we work this out in our own lives?

The Lord is my strength and shield. I **trust** him with all my **heart**. He helps me, and my heart is filled with joy. I burst out in songs of thanksgiving. *Psalm 28:7*

“The belief that someone or something is reliable, good, honest or effective.” — Merriam Webster

1. Search the ____ Scriptures ____.

Then Peter took the lame man by the right hand and helped him up. And as he did, the man’s feet and ankles were instantly healed and strengthened. He jumped up, stood on his feet, and began to walk! Then, walking, leaping, and praising God, he went into the Temple with them. *Acts 3:7-8*

2. Look at what God has done in the lives of ____ others ____.

3. Reflect on what God has done in ____ your ____ life ____.

Will you **intentionally** develop your trust in God?



Group Prep
In preparation for group, meditate on Galatians 5:19-23, listen to In preparation for group, read and meditate on Psalm 28, listen to the Weekend Service message, then answer the following discussion questions.

Introduction
We will have difficult moments in which we feel we lack the strength to deal with our current situation. It could be a tough transition in life, a physical ailment, or a temptation that keeps defeating you, but no matter the cause, there is strength available not far from you. God is our strength! We must learn to access His strength to glorify Him in how we handle difficulty.

Discussion Questions
1. The word afraid is found over 200 times in the Bible, and the word fear is found 53 times in the Psalms alone. How do you define fear? What do you fear?

Fear perpetuates other problems in our lives. How does your fear affect the way you live? What problems is your fear liable to steer you toward?

2. A memorial to Lord Lawrence in Westminster Abbey says, “He feared man so little because he feared God so much.” Read Proverbs 14:26. What does it mean to fear God? How does fearing God chase away other fears?

What is the opposite of fear? What insight from Psalm 28 helps us understand how King David was able to overcome fear? What must we do to build the kind of confidence in God that King David had?

3. Trust in God is built by continually reviewing his faithfulness. As a group, make a list of God’s qualities of faithfulness by using the following questions:
- What has God done in Scripture?
 - What has God done in the lives of others?
 - What has God done in your life?

Action Step
It’s hard to build trust in God if we don’t step into what He asks us to do. What is God asking you to do? Will you do it to build confidence in who God is and what he can do?

My action step is ____.

I will encourage and pray for ____ to follow through, and their action step is ____.

My memory verse is ____.

This coming week, I’m praying for ____.

Outreach: Groups in Action

Impact a Local Nonprofit: Pick up a bag from the Impact collection bin. Fill the bag with the requested items, bring it back, and place it in the collection bin. The items collected will make an impact in the lives of others in our community by helping restock Emmanuel’s local nonprofit partnerships!

Impact a Child in Foster Care: Diapers and wipes are an ongoing need for children who have recently been placed with a foster family. As a small group, collect as many diapers and wipes as you can and drop them off in the Impact collection bin. Emmanuel’s foster and adoption ministry will distribute them as needed.