



For the Anxious

Adam Bowers | 7/14/2024 | Psalm 11

1. Reflect on the four attributes of God highlighted in the message (holy, all-powerful, all-seeing, and just). How can meditating on these attributes shift your focus from anxiety to peace?
2. What are some specific personal anxieties you face, and how do they affect your daily life and relationship with God?
3. David referred to God as his refuge instead of fleeing to the mountains. What does finding refuge in God look like in practical terms for you?
4. David's trust in God allowed him to face his problems directly even though his advisors gave him bad advice. How can we help each other with good advice when we see a friend facing an anxiety-inducing situation?
5. How do you balance taking wise precautions (like David fleeing from Saul) with trusting God in risky situations? Can you share an example from your life?
6. Reflect on times when you felt God's timing was slow. How did those experiences shape your faith and trust in God's ultimate plan?