

DISCUSSION GUIDE

DISCUSSION GOAL



To understand the benefits of dwelling in the Lord that leads to a non-anxious life.

ICE BREAKER



What is a place that brings or brought you immense comfort? Why was it a comforting place?

TEXT



Have a member of your group read the passage aloud.

Psalm 91:9-16

⁹ Because you have made the LORD your dwelling place—

the Most High, who is my refuge—

¹⁰ no evil shall be allowed to befall you,
no plague come near your tent.

¹¹ For he will command his angels concerning you

to guard you in all your ways.

¹² On their hands they will bear you up,
lest you strike your foot against a stone.

¹³ You will tread on the lion and the adder;
the young lion and the serpent you will trample underfoot.

¹⁴ “Because he holds fast to me in love, I will deliver him;

I will protect him, because he knows my name.

¹⁵ When he calls to me, I will answer him;
I will be with him in trouble;

I will rescue him and honor him.

¹⁶ With long life I will satisfy him
and show him my salvation.”

MESSAGE OUTLINE



This is what our pastoral team observed about the passage.

Big Idea: Dwelling in the Lord is a non-anxious life.

Key Question: What should my heart feel when I dwell in the Lord?

1. Confidence – The Lord protects you. (vv.9-13)
2. Closeness – The Lord knows you. (v. 14)
3. Comfort – The Lord loves you. (vv. 15-16)

DISCUSSION



- Psalm 91:9-16 casts a vision for a non-anxious life. Why do things like wars, illnesses, trouble, and the like often shake our faith and confidence in God? What has been causing anxiety in your heart recently? Be honest with your group but keep your share as brief as possible!
- In verses 9-13, we see we can have confidence in God's protection. How do we understand this truth in the face of the reality of sickness and death in the world? Try to think eternally rather than in just the physical, immediate sense.
- Verse 14 reminds us that God knows us and is close to us. How is being known by God helpful for the challenges of our daily lives? What does this practically look like in your life?
- Verses 15-16 reiterates God's great love for us. What are ways you remind yourself of the love of God towards you? How does this comfort you amidst the trials of life?
- How are the promises of Psalm 91:9-16 true, even if we experience turmoil and trouble in our lives? How is this promise fulfilled in Jesus Christ? How does Ephesians 1:13-14 speak to this?

LIFE APPLICATION



This week's passage reminds us that God invites us to live a non-anxious life of trusting him and dwelling with him. As a group, discuss ways that you will be able to remind each other of God's confidence, closeness, and comfort throughout the week. Try to find some ideas to remind each other and practice dwelling with God over the next week.

jot your ideas below and send a picture to your group to remind everyone of your action steps this week.

PRAYER REQUESTS


