



### **Grown Up Monsters - Week 2**

"Fear is not the absence of threat, but the presence of trust within it."

**Icebreaker:** Share a childhood fear that seemed big at the time but looking back now seems funny or trivial. How did you overcome it?

### **Group Discussion Questions**

1. Reflect on the theme of "grown-up monsters" like fear, worry, and anxiety. How do these "monsters" manifest in your life today, and what strategies have you found effective in dealing with them?
2. Pastor Reid mentioned two unhelpful perspectives on fear: believing it's self-inflicted and thinking prayer alone will remove it. How do you see these perspectives affecting your approach to anxiety? What alternative approach does the sermon suggest?
3. Psalm 3 was used to illustrate how David dealt with fear. How can the practices of "praying first" and "preaching truth to oneself" be applied in your daily life when facing anxiety or fear?
4. The sermon emphasized the importance of acknowledging both actual circumstances and potential consequences. How can recognizing these two components of fear help in managing anxiety more effectively?
5. Pastor Reid shared that peace is not the absence of threat but the presence of trust. How can this understanding change the way you approach challenges or fears in your life?



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#### **Scripture Exploration**

- Read Psalm 3. What are the actual circumstances David is facing according to the text? How do these circumstances contribute to his fear?
- In what ways does David express his emotions to God in this Psalm? What does this reveal about his relationship with God?
- How does the context of 2 Samuel (David fleeing from Absalom) enhance your understanding of Psalm 3?

#### **Personal Reflection**

- What theological principles can be drawn from David's approach to fear and anxiety in Psalm 3?
- How does the idea of God being a "shield," "glory," and "the one who lifts my head high" resonate with your understanding of God?
- Cross-reference Psalm 3 with Philippians 4:6-7. How do these passages together provide a comprehensive approach to dealing with anxiety?
- Jesus choosing to spend time in solitary prayer as described in Mark 1:35?

#### **Personal Application**

- Identify a specific fear or worry you are currently facing. What steps can you take to face it with faith, using the tools discussed in the sermon?
- Reflect on the concept of "deliverance" in your life. What does it mean to experience God's deliverance both in the present and future contexts?