

Growing Older & Wiser Bible Study VIII: Dealing With Fears – Psalm 71:1-13

Opening Questions:

- 1) Do you believe that fear is a legitimate emotion for believers in God through Jesus Christ? Why or why not?

- 2) How can hope keep fear from getting out of control?

Going Deep:

1. What parts of today's lesson suggest that the Psalmist is attempting to combat normal fears with memories of God's trustworthiness?

2. Which of the fears that the Psalmist mentions have you or someone you care about experienced? How did you or your loved one deal with the fear?

3. The book of Psalms was the hymn book of the early church because the psalms can be sung or prayed. What songs do you sing or listen to when you feel fear trying to overwhelm you?

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4. Many of the images in today's lesson are symbols of safety, strength and rescue. Which images are most meaningful to you? Why are these images so meaningful?

5. What is the advantage of praising God for delivering you before you have experienced your rescue?

6. The psalmist is clearly someone who has had a relationship with God for a long time. What does this tell us about the advantages of accepting Jesus Christ as Savior at a young age?
