

SRMBC Family Bible Study
Anxiety - Finding Comfort and Reassurance from God




SOLID ROCK MISSIONARY BAPTIST CHURCH
 8000 Derry Street (Rear)
 Harrisburg PA 17111
 Every Wed @ 6:30 pm

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Study Schedule October 2020


Date	Lesson Title	Scriptures
10/7/2020	Rest	Matthew 11:25-30
10/14/2020	Refreshment	Psalms 23
10/21/2020	Initial Sermon	MIT Chambers
10/28/2020	Initial Sermon	MIT Caston



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This Week's Lesson – October 14, 2020

Anxiety - Finding Comfort and Reassurance from God
Lesson 7: Refreshment
Psalm 23




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Group Discussion: How have you heard others describe Psalm 23? What do you feel God is trying to communicate through the psalms?

Anxious Definition: "experiencing worry, unease, or nervousness, typically about an imminent event or something with an uncertain outcome"

Difficulty Swallowing	Irritability
Dizziness	Muscle Aches
Dry Mouth	Muscle Tension
Rapid heartbeat	Nausea
Rapid Breathing	Shortness of breath
Fatigue	Sweating
Headaches	Trembling and Twitchin
Inability to concentrate	



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Introduction To Psalm 23

Author: David – Son of Jesse who was anointed/chosen by God to be King of Israel to replace Saul

Date of Writing: Exact time Unknown (Possibly 1018-1014 BC)

Purpose of Writing: To recognize God's care over His people

Practical Application:

- We can always depend on the Lord's Care for us – because we belong to Him.
- Our enemies and our difficult circumstances will not have the final say over us.
- This Psalm is a picture of Jesus, the Good Shepherd – who is guides and provides.



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Read Psalm 23

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1. What are the responsibilities of a shepherd as described in this psalm? How does David relate those responsibilities to God's care for him?

- Provision For The Sheep: To find water, green pastures, food, grooming, rest.
- Direction For the Sheep: To lead the flock, to gather the strays and bring them back to the fold.
- Protection For the Sheep: to protect the sheep from the wolves and wild beasts, thieves, and others danger.
- God Like a shepherd, Provides, Directs and Protects His people (us) – through the dangers, toils and snares of this life.



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2. What does the psalm tell of God's provision for David (Psalm 23: 1-2)?

- Present/Perpetual: The Lord is (And always will be ...) His care for us does not and will not fail
- Personal: My Shepherd – The Lord is personally invested and involved in caring for us/me. He is mine and I am His.
- Practical: Whatever we need for this life, (Food, Shelter, Clothing, Money. Etc.) and the life to come...



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3. What does the Lord do to refresh David's soul (Psalm 23:3)?

- **Pouring**: The Lord pours the refreshing living water of His Word along with His Life – Giving Spirit - that restores His Soul
- **Leading**: He leads me away from the crooked ways/roads of the sinful world and into the right ways of God (forgiving and restoring).
- **Interceding**: God restores not so much for our sakes, but for and in the Name of Jesus Christ on our behalf.



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4. How does the darkest valley reflect evil (Psalm 23:4)?

"Yea, though I walk through the valley of the shadow of death, I will fear no evil..."

- **Valley**: A low place – that prevents or hinders light from getting through – where thieves/robbers lie in wait.
- **Shadows**: Evil hides in the shadows - using the cover of darkness to perform their vile deeds.
- **Death**: The greatest evil – the unavoidable and inevitable penalty of Sin. (Physical and Spiritual Death results in the Darkness of Evil).



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5. How would you describe the "darkest valley" as we think about anxiety and other challenges that people face today?

Darkest Valley/ Shadow of Death:

- **Inability To Experience Peace Of Mind And Soul.**
- **Inability To Cultivate and Maintain Relationships.**
- **Inability To Carry Out Basic Work Responsibilities, Or Daily Activities.**

"Why are you cast down, O my soul? And why are you disquieted within me? Hope in God;" Psalm 42: 11 (NKJV)



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6. What is promised to those who face these difficulties (Psalm 23:4 – 6)?

- **Presence**: *"You Are With Me"* – As God Is With Us, Even Death Is Just A Shadow That We Need Not Fear
- **Correction/Protection**: The Lord's Rod Of Correction And His Staff Of Protection Gives Us Peace In Difficulties.
- **Prosperity**: God gives us a promise to prosper us – even in midst of evil times and evil people.
- **Purpose**: God Makes Sure We Will Reach Our Destination – Sending **Goodness** And **Mercy** To Cover Us Along The Way.



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7. What are some examples of “green pastures” and “quiet waters” restoring your anxious soul?

Green Pastures

The Word of God

*The Church – Solid Rock
MBC*

- *Worship Services*
- *Bible Study*
- *Sunday School*
- *Prayer Call*

“Quiet Waters”

• *The Spirt of God*

• *Personal Devotions*

• *My Home And Family*



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Read John 10: 11 – 15

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8. How Did Jesus Fulfill The Description Of The Good Shepherd Described In Psalm 23?

- **Provision For The Sheep:** *“The Good Shepherd gives His life for the sheep.*
- **Direction For the Sheep:** *“I know My sheep, and am known by My own...”*
- **Protection For the Sheep:** *“... I lay down My life for the sheep.”*



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Keys For Living

- As we acknowledge and recognize the Lord’s constant care over our lives, we will find renewed hope during these anxious times.
- Walking with the Lord does not mean we will not face difficult times, but that we can trust He will always guide us through them.
- **Jesus Is The Good Shepherd.** We can trust Him to protect and provide for us as His goodness and mercy follows us all of our days.



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