**Psalm 27**

*Getting to the Heart of Fear, Anxiety, and Worry*

**DISCUSSION QUESTIONS**

**1.** **STUDY:** What are some of the “right/appropriate fears” that David is facing in Psalm 27? To what extent were those fears threatening David? How does David respond in the opening verses of Psalm 27? What do his responses say about the condition/orientation of his heart?

**2.** **STUDY:** What is surprising about David’s words in verses 4-6? What might you have expected him to ask for? What is David asking for and seeking after? What do these things represent? How does God promise to satisfy David’s heart? What practical effect does it seem to have on David in verse 6?

**3.** **STUDY:** What are some of the things that David is pleading for in verses 7-12? Based upon God’s character and promises, what response(s) can David expect for each of his petitions? For Christians, how do we see the face of God (see 2 Cor. 4:6)? What promises in the New Testament assure us that God will answer the petitions of verses 7-12?

**4.** **STUDY:** According to verse 13, does David really expect to gain literal victory and physical deliverance every time he prays? What is he saying in this verse? How would you describe David’s idea of waiting in verse 14? Is it active or passive? Why? What is David grounding his exhortation on (be strong…let your heart take courage)?

**5. APPLY:** What are some of the real/appropriate fears in your life right now? What physical factors might be contributing to your anxiety? In what ways do your fear, worries, and anxieties reveal your values? Which of your fears, worries, or anxieties reveal a wrong/inappropriate value? How does God promise to satisfy your heart so that you no longer need to overvalue that area in your heart? How does answering David Powlison’s questions help you identify areas of overvaluing in your life (i.e. I want…I need…I don’t want…)? How could you use this to wisely and lovingly counsel another anxious believer?