



When I Am Afraid
Psalm 56
Sunday, March 29, 2020

During this Covid -19 crisis, fear is our almost constant companion. Psalm 56 shows us how David fought his fear and how we can we fight ours . . .

1. _____ your fear to _____.

2. _____ and _____ your fear.

3. _____ your fear with _____.

- Trust God's _____

- Trust God's _____

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4. _____ your fear with _____.



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Growth Groups are the glue which holds our church together, the way we find and follow Jesus together. If you are not involved in a Growth Group, now is the time to jump in at gracecentralcoast.org.

This year, our aim is to see our Growth Groups embody our 3-fold identity as followers of Jesus: Family, Servant, and Missionary. To that end, we're framing our Growth Group Interaction Guide to help groups move in that direction.

During the Covid-19 crisis our groups are meeting virtually using Zoom and other online platforms.

Connecting Together

Take some time to share how you're doing and how you're feeling.

Digging into God's Word & the Message Together

1. Read Psalm 56 again together. How did you come under God's Word in the text and message this week? How did God speak to you? What did you learn or what were you reminded of in this study?
2. In Psalm 56, David is open about his fears. What was David afraid of? What are your fears related to this Covid-19 crisis? Of what do you think your kids might be afraid?

3. In Psalm 56:3 David says, "When I am afraid, I put my trust in you." Can we choose to trust God? What does that look like?
4. David fought his fears with faith and praise. Psalm 56 is evidence of that! How well are you fighting your fears with faith in this season? (Think about what you spend your time on and what you think about!)
5. What do you think about verse 8? What is this verse saying and what does this verse mean to you?
6. **Your Growth Group as a Family:** How can your Growth Group help one another to fight fear with faith? Think of some practical ways!
7. **Your Growth Group as a Servant/Missionary:** Who is God calling you to serve, care for and reach out to during this Covid-19 crisis? How can you point them to God's Word, character and care?

Praying Together

- With Psalm 56 in hand, take your fears to God as you fight fear with faith and praise together!
- Pray for one another's needs.