

# All the Feels: Understanding Our Emotions Through the Psalms

## Discussion Questions

### Week 4: Fear & Anxiety

1. How have you seen fear and anxiety affect you and others? *(Note: if no one or a few answer this question, ask them how other people's fear and anxiety have affected them.)*
2. When you experience worry or anxiety, what is it most often about?
3. When you are fearful and anxious, what are the hardest truths for you to believe about God?
4. Read Psalm 3:3-5. How do these characteristics about God inform your anxiety?
5. Spend time praying together through specific anxieties you have. Pray for each other's anxieties.