

# BEYOND SUNDAY

7.28.24

## Help in Anxious Times — Psalm 121 — Mark Mitchell

1. How do the quotes from General Martin Dempsey and Robert Leahy resonate with our current societal experience of anxiety? How might these perceptions influence our spiritual lives? (*"I can't impress upon you that in my personal military judgment, formed over 38 years, we're living in the most dangerous time in my lifetime." "I will personally attest to the fact that [the world is] more dangerous than it has ever been." - General Martin Dempsey*)
2. Reflecting on Psalm 121, what imagery does the psalmist use to convey God's protection? How does this imagery provide reassurance in times of anxiety and uncertainty?
3. John Calvin critiques those who seek remedies apart from God in times of trouble. How do modern-day Christians sometimes fall into the trap of seeking solutions elsewhere before turning to God?
4. Discuss A.W. Tozer's statement, "What comes into our minds when we think about God is the most important thing about us." How does our perception of God affect our faith and ability to trust Him in difficult times?
5. Isaiah 40:28-29 describes God as the everlasting Creator who gives strength to the weary. How does understanding God as Creator and Sustainer impact our approach to challenges and anxieties?

6. According to Psalm 121 and Isaiah 40:28-29, what assurances does God provide regarding His constant watch over us? How does this knowledge shape our perspective on daily struggles?
7. C.H. Spurgeon emphasizes the continuous protection of God day and night. How does this concept challenge our fears and anxieties about the future?
8. Reflect on Romans 8:28 and Romans 8:18. How do these verses encourage us to view our present sufferings in light of God's ultimate plan for our lives?
9. In Luke 21:16-19, Jesus predicts persecution but assures his followers of God's ultimate protection. How can we maintain faithfulness and perseverance in the face of opposition or hardship?
10. Eugene Peterson and John Bunyan (via Pilgrim's Progress) use metaphors to describe the internal versus external threats to our spiritual well-being. How can we guard our hearts and minds against the anxieties and troubles of the world while trusting in God's promises?