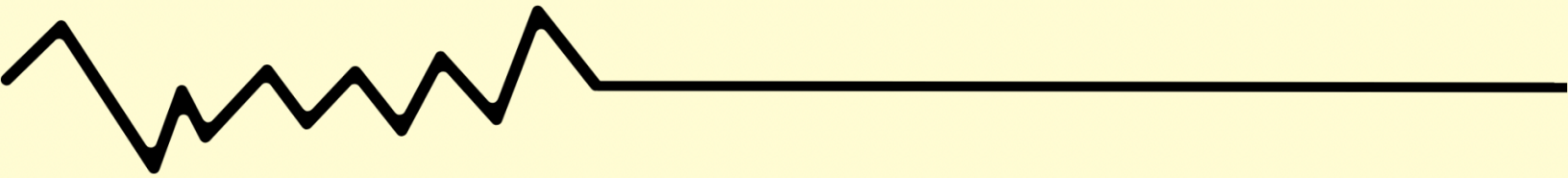


ANXIOUS



Anxious
Why Are You Anxious?
Psalm 6

We are more anxious than we have ever been. And there doesn't seem to be any signs of anxiety slowing down. We can't keep living like this. Despite the recent rise in anxiety, we aren't the first people to be anxious. All throughout the Bible, people are anxious. One portrait of anxiety that might be able to help us is David. Whether in his life or in his writings, David exhibited anxiety, but he also did something about it.

You are not powerless or hopeless in your anxiety's suffering.

- As you reflect on the message, what stood out to you? What is something you are still thinking about?
- What is something from the message that challenged you? How are you wrestling with that challenge?
- What question(s) do you have from the message?
- What is at least one practical takeaway from the message?

Psalm 6

To the choirmaster: with stringed instruments; according to The Sheminith. A Psalm of David.

O Lord, rebuke me not in your anger,
nor discipline me in your wrath.

2 Be gracious to me, O Lord, for I am languishing;
heal me, O Lord, for my bones are troubled.

3 My soul also is greatly troubled.
But you, O Lord—how long?

4 Turn, O Lord, deliver my life;
save me for the sake of your steadfast love.

5 For in death there is no remembrance of you;
in Sheol who will give you praise?

6 I am weary with my moaning;
every night I flood my bed with tears;
I drench my couch with my weeping.

7 My eye wastes away because of grief;
it grows weak because of all my foes.

8 Depart from me, all you workers of evil,
for the Lord has heard the sound of my weeping.

9 The Lord has heard my plea;
the Lord accepts my prayer.

10 All my enemies shall be ashamed and greatly troubled;
they shall turn back and be put to shame in a moment.

- What has been your experience with anxiety? Do you consider yourself an anxious person? Have you ever been diagnosed with an anxiety disorder? Did you grow up with anxious parents? Do you know someone who struggles with anxiety?
- Why do you think anxiety does not discriminate and can affect almost anyone?
- As you read over and reflect on Psalm 6, how do you see David wrestling with anxiety? Pay close attention to how David is affected mentally, physically, and spiritually.

- Perhaps one of the greatest challenges to anxiety is when relief does not come. How does David describe this in Psalm 6:3?
- Psalm 6 teaches us that we can have power over anxiety because we can do something about it. Psalm 6 is a lament which is simply a prayer in pain that leads to trust. What has been your experience in the past with lament? How could you use laments moving forward?
- How does it make you feel to know that the Bible, and therefore God, gives you permission to complain about your suffering?
- As honest and real as Psalm 6 is about anxiety, it's also hopeful! Why is David hopeful in Psalm 6? Pay close attention to verses 8–10.
- Of course, the spiritual danger with anxiety is often characterized as “just pray it away.” A tension exists between the spiritual and the mental/physical. We need both! How should we as Christians manage the tension between the spiritual and the mental/physical?
- Close your time together by sharing your hopes for this sermon series. What are you hoping for yourself? What are you hoping for Vintage Church?