



# 4 Bible Discussions in Times of Uncertainty

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Psalm 116 – Releasing Worry

Psalm 46 – Coping with Change

Psalm 139 – Facing the Unknown

Psalm 27 – Dealing with Fear

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## Psalm 116 – Releasing Worry

You might have heard it said that worry is “wasted energy.” Our imaginations easily conjure up worst-case scenarios. We struggle with thoughts of what might happen to us, the “what ifs.” Worrying is actually a choice we make when faced with uncertainty. It provides a false sense of control. However, worry does not help to solve a problem. Instead, choosing to dwell on the past and/or obsess about future difficulties can become a habit that leads to distress, anxiety, and even physical illness.

In Matthew 6:27 Jesus warns about the futility of worrying: *“Who of you by worrying can add a single hour to his life?”* Jesus goes on to say in verse 34, *“So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.”* How then do we deal with our anxious thoughts? Psalm 116 shows us a pathway of freedom from worry.

**Icebreaker:** Are you a “glass half empty” pessimist, a “glass half full” optimist, or somewhere in the middle? How might this impact how you deal with worry in your life?

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### Read Psalm 116:1-4

1. This psalm opens with words of love and appreciation. What causes the psalmist to express such love for the Lord (verse 1)?
2. Think of a time when someone listened intently as you shared an overwhelming problem or concern. In what ways did that help to soothe your anxiety?
3. Why is the psalmist dedicated to lifelong prayer (verse 2)?
4. What problems had previously consumed the psalmist (verse 3)? What did he do to seek relief (verse 4)?

### Read Psalm 116:5-7

5. What qualities of God are mentioned in verses 5 and 6?
6. If you believed these statements about God were true, what difference would that make in your life?

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7. Assuming you believe these qualities of God, how could you complete this sentence, “Dear God, I ask you to help release me from my worries about \_\_\_\_\_.”

**Read Psalm 116:8-13**

8. Why does the psalmist feel such a sense of gratitude?
9. How does he show his gratitude? How do you think that impacts him?

**Read Psalm 116:14-19**

10. Why do you think the psalmist is so determined to fulfill his vows to God in the presence of all his people (verses 14 and 18)?
11. What steps can you take to turn your worries over to the Lord?

**Prayer**

Share prayer requests for each other, then pray for each other by completing this sentence:

“God, we trust that you will listen and help \_\_\_\_\_ [name] with \_\_\_\_\_ [request or need].”

Then read this prayer together, or if you’re meeting online, have one person read the prayer out loud.

Dear God, thank you for hearing our voices when we turn to you in prayer. Help us to remember to call on your name when we are feeling overcome with worry. Release us from the chains of anxiety and bring us to a place of rest and peace. Help us to trust in your compassion and mercy. Amen.