

4. What are your favorite Bible verses, songs, or hymns to recite when dealing with fear? Recite them to one another. Sing the songs as a group.
5. What is the difference between **knowing ABOUT God** and **KNOWING God**? How do we move from knowing about Him to knowing Him personally and intimately? [Consider reading and meditating on the book, “*Knowing God*,” by J.I. Packer]
6. What does it mean that God is our **LORD**? What does it mean that He is **SOVEREIGN** Lord? How does meditating on that help you deal with fear? What are your favorite Bible verses about God’s sovereignty?
7. Write out a detailed list of the areas of life where God is sovereign? [Don’t just say “all.”] Discuss how acknowledging God’s sovereignty in those areas provides peace in the midst of the storms of life.
8. What does it mean that God is our **ROCK**? What is implied by that metaphor? How does that help when it feels like nothing is stable in your life?
9. What does it mean that God is our **REDEEMER**? Share stories of how God has redeemed (protected; delivered) you physically or financially. Imagine how many times God redeemed you when you didn’t know He was involved. Give Him praise for being your Redeemer.
10. Share with one another how God redeemed you **spiritually**. Discuss the price Jesus paid to be your Redeemer from sin and God’s coming wrath.
11. Read **Rom. 8:15-23**. What future redemption are we still waiting for? How does thinking about our future with Jesus help us deal with the disappointment and loss we experience now?
12. Who do you know that is fearful, worried, anxious? Pray for them. Go to them and tell them about Jesus, your Lord, Rock, and Redeemer. Share with them how they can know Him that way too.

January 12, 2025

*The Bridge Bible Fellowship*

Pastor Paul S. Brown

Selected Scriptures

**“O Lord, My Rock and My Redeemer”**

**Intro:**

I. **My LORD** (Ex. 3:14-15; Jn. 8:58-59; Mt. 1:21; Ps. 19)

**II. My ROCK** (Ps. 18; 46)

**III. My REDEEMER** (Ex. 6:6; Job 19:25; Ps. 103:4; 106:10; 107:2; Ruth 4:1-12; Ps. 49:7; 103:8; 130:8; Is. 59:20; Mk. 10:45; Rom. 3:23-25; Titus 2:14; 1 Pet. 1:18-19; 2:24; 3:18; 1 Cor. 6:20; Rom. 8:23; Ps. 19:14)

**Discussion & Application:**

1. Take some time to **pray** for the people in Los Angeles who have lost property, businesses, and/or loved ones. Ask the Lord to comfort them, reveal Himself to them, and send true believers to minister to them. Pray also for wisdom and safety for the first responders as they rescue people and animals, fight fires, and protect from looters.
2. Do you ever struggle with **fear, worry, anxiety**? Have the fires in Los Angeles made it worse? What do you do to overcome fear? Who or what has helped you the most? [Consider reading and meditating on the book, ***“Trusting God,”*** by Jerry Bridges]
3. When facing major catastrophes like wildfires, some will say that God either: 1) doesn't exist; 2) isn't all-powerful; 3) isn't good or loving; 4) doesn't care... How do you know those things aren't true? How do you hang on to the truth about God (His nature, character, love, etc.) when it seems like everything is going wrong in your life?