

THE PSALMS

RESPONDING TO ANXIETY AND FEAR (Psalm 4:1-8)

Redeemer Bible Church

Speaker: Jon Benzinger

April 5-6, 2025

Our mission is to help as many people as possible know, love, and serve Jesus Christ

1. Depend _____
(v. 1; Habb 3:19, Ps 50:15, Ps 86:7, Ps 9:9, Ps 46:1, Ps 77:2)

2. Resist _____
(vv. 2-5; Ps 3:3, Luke 12:22, Phil 4:6-7, Matt 7:11)

3. Relax _____
(vv. 6-8; Ps 34:7)

Our goal every weekend is that you (1) understand the Bible better, (2) get some ideas about how to live your life in light of the Bible, and (3) stand in greater awe of Jesus.

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Growth Questions

These questions are to help you apply each week's message to your life and to help others do the same. Can being honest and vulnerable about your life be intimidating? Is it OK to struggle and have real questions? The answer to both questions is "Yes." Growth Groups are meant to be safe places where we share our answers to the questions below in order to help people know, love & serve Jesus better, together. If you're not in one, email Pastor David Mataya (david@redeemeraz.org), and ask about availability. If you missed this or any message, you can go to our website, iTunes, Spotify, Facebook page, or our YouTube channel to get caught up.

1. *Describe why you think it is that 21st century American Christians aren't known as prayer warriors.*
2. *What are the most common substitutes for Christians to turn to instead of God?*
3. *Why do you think it's hard for us to remember God's presence with us and faithfulness to us in our trials? Explain what you think can help you with this.*
4. *What one thing from Psalm 4 does God want you to obey & who do you think God wants you, in love, to share these truths with & why (the Bible is to be known so we obey it & share it).*
5. *Write out a prayer based on the growth questions you answered above.*

Recommended Reading

J.I. Packer, *A Grief Sanctified*
Jerry Bridges, *Is God Really in Control?*
Jerry Bridges, *Trusting God*
John Flavel, *Facing Grief*
John MacArthur, *The Power of Suffering*
Joni Eareckson Tada, *A Place of Healing*
Piper & Taylor, *Suffering and the Sovereignty of God*
R.C. Sproul, *Surprised by Suffering*
Randy Alcorn, *If God is Good*
Richard Sibbes, *The Bruised Reed*
Thomas Boston, *The Crook in the Lot*
William P. Smith, *Caught Off Guard*

If you need help for any reason, email us at info@redeemeraz.org.

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