



## SERMON DISCUSSION QUESTIONS

**Rob Yancey — Psalm 56**

**Anatomy of the Soul: Fear | August 6, 2017**

1. What specific fears tend to consume you? Is it hard for you to admit those fears?
2. Rob spoke of a “cave of fear,” what is that for you?
  - a. What are some ways in which you attempt to hide from your fears?
3. When David sings about his “sleepless nights and secret tears,” he asks the rhetorical question, “Are they not in your book?” What does David mean that his sleepless nights and secret tears are in God’s book?
  - a. How does this truth relate to your own tossing’s and tears?
4. Rob reminded us that Christ faced fears, betrayal, pain and loss. We have a Savior who can sympathize with our sorrows and fears because he has experienced them. How does this truth affect your struggle with fears?
5. God’s grace and mercy addresses our fears. At MPC we believe that “Grace Changes Everything” How is God’s grace beginning to address your fears?
  - a. How do you plan to know God’s word better this week, so that you will know that God is for you?
6. How can your community group come alongside you to help you battle your fears?