



WHEN PANIC STRIKES • SESSION ONE: REMEMBER WHO GOD IS • PSALM 13:1-6 •

## MAIN POINT

When panic strikes, the way to find peace is by remembering who God is and what He has done.

## INTRODUCTION

As your group time begins, use this section to introduce the topic of discussion.

**What are the prevailing anxious thoughts you're dealing with in the circumstances of today?**

**Would it help if you were able to jump ahead in time and know how things are going to work out? Why or why not?**

**When panic abounds in culture, do you ever feel like the Lord had abandoned us? Explain.**

Today we are looking at Psalm 13. David didn't know anything about the coronavirus, but he might as well have. His words overflow with real emotions, including overwhelming feelings of fear, anxiety, depression, and abandonment. Though he did struggle with the Lord and his emotions, we'll see that he didn't stay there. David found the only way to bring peace to his spirit.

## UNDERSTANDING

Unpack the biblical text to discover what the Scripture says or means about a particular topic..

| ASK A VOLUNTEER TO READ PSALM 13:1-2.

**What stands out to you about these verses?**

**Can you relate to David's question, "How long?" Can you relate to his confession that he was storing up anxious concerns within him, and agony in his mind every day? Explain.**

**Do you tend to acknowledge anxious feelings in prayer? Why or why not? Do you acknowledge them to other believers or keep them to yourself? Why?**

**What do these two verses say to you about what to do when panic strikes...either for you or for those around you?**

These two verses clearly detail David's emotional state. He felt abandoned. His expectations were that God would do something to deliver him from the trial he faced. But God had not done so yet and it caused David to feel alone and separated from God. David allowed his thoughts to control him. He focused on his problem, and his anxiety about his situation multiplied and caused him grief and agony.

When our thoughts control us and we find ourselves anxious about the circumstances in the world around us, it is good and right to be honest with the Lord about our thoughts and feelings. As Christ's body, we must not add to anxiety and panic, either by giving into it or dismissing it as inconsequential. Instead, we must acknowledge the struggle we face in our own minds and seek to strengthen each other.

| ASK A VOLUNTEER TO READ PSALM 13:3-4.

**According to verse 3, what did David need to avoid "sleeping in death"?**

**Is it possible for God to restore your joy even when circumstances around you continue to spiral out of your control? Explain.**

**Considering David's fear in verse 4, what are some reasons people might enjoy seeing you panic along with everyone else? Why is it important that Christians not panic, but continue to trust that God is in control even when everything feels like it's out of control?**

The "brightness" or "light" that David referred to was the joy of the Lord. His faith in God was the only thing that kept him from facing an eternity of death and punishment. It is important to recognize that David asked God to restore his faith because it reminds us that we cannot renew our joy by our own strength. The Lord sustains and holds us, and that includes our faith in Him. It is God and God alone who rescues us from death.

David also realized that his enemies would notice if his faith was not firmly rooted in God's deliverance. His enemies would think that the Lord had abandoned David and that they had "triumphed over him." Therefore, David understood that his need to restore his joy in the Lord was not only for his own sake, but also for the sake of his enemies—that they would see and know that God was with him and had given him the victory.

**Read 2 Timothy 1:7. What qualities should the world see in Christ-followers when panic strikes? Why?**

**Why is looking to the Lord to receive a spirit of power, love, and sound judgment better than willing ourselves to exhibit those qualities?**

God has given us the spirit of a sound mind, but we need to engage it and hold to the truths of God's Word. This is why, before responding to the crazy circumstances in the world around us, we ought to form the habit of pausing and asking ourselves: Am I thinking according to God's thoughts, or am I thinking on my own? Am I listening to people who are thinking according to God's thoughts, or am I listening to people who are uniformed about the truths of who God is?

| ASK A VOLUNTEER TO READ PSALM 13:5-6.

**How does the tone of these verses differ from that of the first four verses?**

**David spoke of deliverance and the Lord's generosity, but he hadn't experienced it yet for the current problem he faced. How could he confidently claim that God would deliver and treat him generously? How can we?**

**Did David only trust in God because he wanted to be delivered? Or do you think that David would've been satisfied even if his situation didn't resolve?**

David remembered God's faithful love. He knew that God cared for him and rescued him. David had witnessed and experienced God's deliverance and generosity over and over again in the past. David took his eyes off of his problem and refocused on the One who could deliver him from it. David was able to sing and praise the Lord, because he knew that God deals with His people with abundant grace and love. David knew that God would be victorious, even if that victory was not seen in David's lifetime.

## APPLICATION

Help your group identify how the truths from the Scripture passage apply directly to their lives.

**How does a right view of God make a difference in your perspective about the coronavirus?**

**What led David from a state of panic to singing praises to the Lord? How can that process be applied to your life?**

When panic strikes, remember God's faithfulness in Christ Jesus and have peace. Submit your fears to God and remember His sovereignty over all things. View out-of-control circumstances through a perspective of God who is in control—even over death—and be at peace in the midst of it.

## **PRAYER**

Thank God that He never changes and He is always in control. Acknowledge your tendency to be fearful when life seems out of control. Ask Him to help you draw from His Spirit of power, love, and sound judgment so that others might see Christ in you.