

### **Gathering Prayer**

*Father, by Your Spirit, would you guide us into all truth. Help us to hear and be attentive to Your voice as we work through this study. In the name of Jesus, Your Son, we pray. Amen.*

### **Opening Questions**

- What stood out to you in the sermon?
- What insights did you gain?
- What questions did it raise?

### **Psalm 139:23-24**

- What stands out to you in these verses?
- How would you rephrase these verses in your own words?

### **The Only Petition of Psalm 139**

- Why do you think David waits until the end of Psalm 139 to ask God for something?
- How might this shape the way we think about prayer—not just as asking, but relating?

### **The Challenge of Self-Awareness**

- Why is self-awareness important in the Christian life?
- Can you think of a time that you were aware of a blind spot in your life? What happened?
- What are some practical ways we become aware of our blindspots?

### **Anxiety as a Window**

- How can anxiety serve as a spiritual warning sign, rather than just a negative emotion?
- Is there something that you're currently anxious about? Could that anxiety be pointing to something deeper?

### **Put it in Practice**

- Is there a specific “anxious thought” or “offensive way” that you feel God might be inviting you to examine right now?
- What are some practical ways God will reveal to us what needs to change in our lives?

### **Closing Prayer**