

**Reflection & Discussion Questions**  
**The Pitfalls of Fear and Worry**  
**Psalm 121**

1. Why are fear and worry sins?
  - How can they become an idol?
  
2. Have you ever had a season in your life when you were consumed by worry and/or fear? If so, briefly describe the cause.
  - What was the impact this had on your physical, mental, emotional, and spiritual life?
  - How did God finally get through to you?
  - What did you learn from this experience about yourself and about God?
  
3. In what way(s) has the enemy attempted to or succeeded in using fear and worry to trip you up and cause you to lose ground in your walk with the Lord?
  - How will you use this/these experience(s) to avoid falling into the same pit(s) in the future?
  
4. Comment on this quote from Elisabeth Elliot: *“Neither go back in fear and misgiving to the past, nor in anxiety and forecasting to the future, but lie quiet under His hand having no will but His.”* How can you apply this to your life?

5. List some Scripture passages, from the teaching or your own study, that bring you hope and comfort, directing your focus back to the Lord, when you are tempted to fall into the pit of fear and/or worry. In what ways do they speak to you?

6. Write out Psalm 121. Find a quiet, undistracted place where you can be alone with the Lord. Meditate on each section of the psalm and write down what the Lord shows you.

- Slowly and thoughtfully, pray these verses directly to the Lord.

- Verse 2
- Verse 3
- Verses 3b – 5a
- Verses 5b – 6
- Verses 6 – 7

7. How, specifically, has the teaching this week encouraged you to put the things you tend to be fearful of and worry about aside and instead walk victoriously?

- What did you learn (or were reminded of) about the nature of our God?