

This Verse Changed My Life: Week One

Main Idea

When we turn toward God in faith, we find the courage to face our fears and find peace.

Starter

When you were a kid, did you have any phobias?

Discuss

What is a recent storm you have been through (or are going through) in your life?

Scripture

As a group, read [Psalm 29](#) and discuss:

- As a group, make a list of as many observations as you can about what this Psalm says about God and His character.
- According to David, what difference does praising and listening to God make in our lives?
- When you encounter fear in your life, do you tend to move towards fight or flight?
 - Is anyone willing to share a recent example?
- How has your relationship with God helped you with a fear in your life?

Apply

Give everyone a notecard and pen. Have everyone take five minutes to read [Psalm 29](#) on their own and do the following:

- On one side of the card, write down one truth about God you need to embrace.
- On the other side, write down one fear you need to trust God with.

Have everyone read what they wrote on their cards and spend time praying, as the Holy Spirit leads, for each other to live with greater trust, courage, and peace.