



Group Discussion Document

Ice Breaker:

- Share a time when you were anxious about something, but later realized it wasn't as bad as you thought. How did you feel afterward?

Short Summary of the Sermon: The sermon, titled "Let the Truth Quiet Your Heart," emphasizes that the best remedy for anxiety is the truth found in God's Word. The pastor highlights the importance of standing firm in the truth amidst a world filled with deception and fear. By planting our feet on the truth of God's Word, we can withstand life's storms and avoid the pitfalls of anxiety and stress. The sermon also warns against the dangers of compromising our faith and encourages believers to remain steadfast, even in the face of persecution or societal pressure.

Group Questions:

1. What does it mean to be a "living sacrifice" for God, as mentioned in the opening prayer?
2. How can we ensure that we are listening to God's voice above all others in our daily lives?
3. The sermon references Psalm 112:6-8. How can these verses help us combat fear and anxiety?
4. Discuss the concept of "deconstruction" mentioned in the sermon. Why do you think some people are tempted to walk away from their faith?
5. How can we reframe our perspective to see the good that God allows in a fallen world, as suggested by the sermon?
6. What are some practical ways we can plant our feet on the truth of God's Word in our daily lives?
7. How can we prepare ourselves to stand firm in our faith, even if it means facing persecution or losing relationships?

Life Application: Reflect on an area of your life where you feel anxious or uncertain. Identify a specific truth from God's Word that speaks to this situation. Commit to meditating on this truth throughout the week and observe how it impacts your anxiety levels.

Challenge: This week, choose one person in your life who may be struggling with anxiety or fear. Share with them a truth from God's Word that has helped you, and offer to pray with them. Encourage them to seek the peace that comes from standing on the truth.