

SRMBC Family Bible Study
Anxiety - Finding Comfort and Reassurance from God




SOLID ROCK MISSIONARY BAPTIST CHURCH
 8000 Derry Street (Rear)
 Harrisburg PA 17111
 Every Wed 7:00-8:30 pm

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Study Schedule October 2020

Date	Lesson Title	Scriptures
10/7/2020	Rest	Matthew 11:25-30
10/14/2020	Refreshment	Psalm 23
10/21/2020	Forgiveness	Psalm 103:1 – 14
10/28/2020	Initial Sermon	MIT Chambers




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This Week's Lesson – October 21, 2020

Anxiety - Finding Comfort and Reassurance from God

Lesson 8: Forgiveness

Psalm 104:1 – 14




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Group Discussion: Why do you think forgiveness is so hard to give and receive?

- **Why Forgiveness Is Hard To Give:** Because the offender doesn't seem to be receiving what they deserve for the damage they caused.
- **Why Forgiveness Is Hard To Receive:** Because of the guilt felt over hurting or damaging someone else.

"It appears as though forgiveness is not a strong point among Christians. I see a lot of hurt without a willingness to work or pray through it." - Skip MacDonald



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Introduction To Psalm 103

Author: David – Son of Jesse who was anointed/chosen by God to be King of Israel to replace Saul

Date of Writing: Exact time Unknown

Purpose of Writing: To Bless/Praise God for His Character and Care

Practical Application:

- When it comes to Praising The Lord, He desires and deserves our very best.
- God's mercy and grace toward us, provides tremendous benefits for this life and the next.
- God can be trusted to love, forgive and provide for us just as a Father does for his children.



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Read Psalm 104:1 – 14



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1. Why is praising God a good place to start when feeling anxiety (Psalm 103: 1-2)?

- **Refocus:** Praise help us to focus on the Goodness and Grace of God rather than our problems or feelings.
- **Renewing:** Praise lifts our spirits as God come to dwell in the midst of our praise and worship.
- **Reflective and Reactive:** When we praise – Thinking about all that God has done and is doing for us, not only will we rejoice – others around us will rejoice as well.

Note: *In certain situations, **we have to tell ourselves to praise the Lord** – especially when we may not feel like it.*



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2. What “benefits” does David remind us of (Psalm 103: 3-5)?

- **Forgiveness:** God has forgiveness for all of our sin (past, present, future).
- **Healing:** God provides healing for our spiritual sickness and a reasonable portion of physical health and strength.
- **Redemption:** God restores or cancels out the things we’ve done and the things done to us.
- **Protection/Affection:** God lovingly claims us as His very own – guiding and protecting us.
- **Satisfaction:** God has promised good things for us – even more than we can ever imagine.



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3. List the character traits of God in Psalm 103: 6-8.

- **He Is Righteous And Just:** The Lord does what is true and right – for individuals as well societies/nations.
- **He Is Accessible:** Though God is far above His creation, He reveals His acts and His ways to us.
- **He Is Merciful And Gracious:** Mercy - God not giving us what we deserve when we sin;

Grace – God giving us what we don't deserve because He is gracious, merciful , slow to anger.



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4. How can knowing these truths about God encourage us to forgive?

- **Comparison:** When we think about the magnitude of God's forgiveness of our sins because of His great love – we can be forgiving to us.
- **Compassion:** The compassion of the Lord toward us help us to be patient with others and their shortcomings .
- **Conviction:** We will be able to forgive others in the strength that comes only from the Lord.

Note: *"Why is it that God hath not dealt with us after our sins? Is it not because he hath dealt with another after our sins? Another who took our sins upon Him ."* (Baker, cited in Spurgeon)



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5. What has the Lord promised He will not do (Psalm 103:9 – 10)?

"He will not always strive with us, Nor will He keep His anger forever" (v.9).

Unlike man who loves to keep strife going, **God will not continue to keep His anger wrath against us.**

"He has not dealt with us according to our sins" (v.10a),

Although sin always has consequences, by God's mercy, **He will not give us what we deserve.**

"Nor punished us according to our iniquities" (v. 10b).

God will not punish His children, but He lovingly corrects us in order to bring us back to Him.



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6. How does God promise He will deal with the sin of those who fear him (Psalm 103:11 – 12)?

Fear: Hebrew *yare* (yaw-ray') Definition; fearing; morally, reverent

- **Unlimited Mercy/Grace:** God promises mercy and grace that is far above any sin and transgression that we may fall into (Gen. 5:20).
- **Unlimited Forgiveness:** Those that fear the Lord has not only promised forgive us but to treat us as if we have never sinned (I John 1:9).

"...For as high as the heavens above So great is the measure of our father's love Great is the measure of our Father's love" D. Moen



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7. How is God's fatherly love described (Psalm 103:13 – 14)?

"As a father pities his children, So the Lord pities those who fear Him. For He knows our frame; He remembers that we are dust." (vv. 13 – 14)

- **As loving father, He knows our weaknesses and that we get weary.**
- **He does not demand more of them than they can perform.**
- **His love and care takes into account His children's weaknesses.**
- **His Love comforts us and pick us up when we fail.**
- **His love measures doesn't give us more than we can bear.**



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8. How can knowing these truths about God ease our anxiety when we need to seek forgiveness from him and from others?

- **God Has Already Provided Mercy & Grace: God's Grace and Mercy covers us – no matter where we are.**
- **God Has Already Provided Forgiveness: In Christ, there is forgiveness for us and for others.**
- **God Promotes Justice and Righteousness: We have God's Approval/Protection when we do what is right.**
- **God Provides and Will Provide Good Things: He can be trusted to give and do for us what is good or best.**



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Keys For Living

- **The benefits of being in relationship with the Lord by faith include healing, provision, and the forgiveness of sin.**
- **As we repent and receive forgiveness of our sins from our Heavenly Father, we are better able to forgive those who sin against us.**
- **If we want to know what the Character, Faithfulness, and Love of the Father is like, all we need to do is look at Jesus Christ.**



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