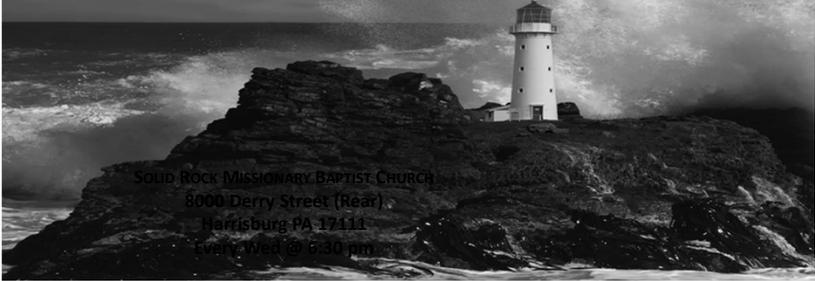


SRMBC Family Bible Study
Anxiety - Finding Comfort and Reassurance from God



SOLID ROCK MISSIONARY BAPTIST CHURCH
 8000 Derry Street (Rear)
 Harrisburg PA 17111
 Every Wed @ 6:30 pm

1

Study Schedule September 2020

Date	Lesson Title	Scriptures
9/9/2020	Why Are You Anxious?	Matthew 6:25-34
9/16/2020	Comfort in Times of Fear	Matthew 14:22-36
9/23/2020	Prayer	Philippians 4:4-9
9/30/2020	Refocused	Psalms 73



2

This Week's Lesson – September 30, 2020

Anxiety - Finding Comfort and Reassurance from God

Lesson 5: Refocused

Psalm 73



3

Group Discussion: What does it mean to be anxious? In what ways can anxiety suck the life out of you?

Anxious Definition: “experiencing worry, unease, or nervousness, typically about an imminent event or something with an uncertain outcome”

Difficulty Swallowing	Irritability
Dizziness	Muscle Aches
Dry Mouth	Muscle Tension
Rapid heartbeat	Nausea
Rapid Breathing	Shortness of breath
Fatigue	Sweating
Headaches	Trembling and Twitchin
Inability to concentrate	



4

Introduction To Psalm 73

Author: Asaph – The Levite Worship Leader under King David and King Solomon (1 Chron.6:39)

Date of Writing Approximately 710 A.D.

Purpose of Writing: A Song of Praise for OT Worship lead by the Levites and Temple singers

Practical Application:

- No matter what thing look like and how much the wicked seem to prosper – God will judge in the end.
- We need to regularly attend the worship with God’s people.
- Whenever we are discouraged, keeping out focus on the Lord and His faithfulness will restore our souls,



5

Part I - Remorse

Read Psalm 73: 1 – 16

6

1. How does the psalmist portray God (Psalm 73:1)?

1 *“**Truly** God is **good** to Israel, To such as are **pure in heart.**”*

- **Righteous:** “Truly” Asaph sees God as One who always does and allows what is right. His purposes are always consistent with His Holiness.
- **Reliable:** “Good” God is seen as always being and doing good for His people “God is good all the time...”
- **Rewarder:** God is known as One who rewards His faithful obedient people (Heb. 11:6).



7

2. How does he portray himself (Psalm 73: 2-3)?

*“2 But as for me, **my feet had almost stumbled; My steps had nearly slipped.** 3 For I was **envious of the boastful,** When I **saw the prosperity of the wicked.**”*

- **Unsteady:** Asaph’s life – direction was rocky and wobbly and unstable.
- **Unhappy:** In looking at the life/people with a worldly perspective caused Asaph to be unhappy.
- **Unfocused:** Asaph put his focus on the prosperity of the wicked – instead of on God.



8

3. The Psalmist describes his anxiety triggers: his foes. What are the characteristics of these foes (Psalm 73:4 – 12)?

- **Problem-free**: Although these people are worldly/ungodly, they seem to have no problems.
- **Prideful**: They are self-centered and self-reliant, with no regard for God or anyone else.
- **Prosperous**: These wicked people who don't worship, acknowledge or obey God seem to be doing better than God's people.
- **Purposely Wicked**: They purposely disobey the Word and Ways of God and mock those who do.



9

4. In Psalm 73:13 – 16 the Psalmist describes the anguish and the anxiety he feels. How would you summarize what he is feeling?

- **Futility**: Living right and obeying God doesn't look like it pays off or is worth it.
- **Anxiety**: Worried about the future – and being a poor example of faith in God (v. 15).
- **Uncertainty**: Unable to find any logical answers to bring him comfort.



10

Part II – Refocus

Read Psalm 73: 17 – 28

11

5. The Psalmist finally he refocuses on God. What insight into his foes does God give him (Psalm 73:17 – 20)?

- **God's Perspective On His Enemies**: Once Asaph came to church, he got to see that the enemies will not prosper.
- **God's Purpose For His Enemies**: God's righteous judgement against sin and sinners may seem delayed it is never denied.
- **God's Power Over His Enemies**: Problems/People that seem insurmountable to us are just a vapor to God (inconsequential)



12

6. The Psalmist has a fresh perspective and response to God. What is this fresh perspective (Psalm 73:23 – 28)?

- **Renewed Perspective On Trust:** (God, You). Being in worship under the Word, Worship, and people of God renewed His trust in the Lord.
- **Renewed Perspective On Truth:** God's Word overrides Asaph's feelings and anxieties – regardless of his circumstances
- **Renewed Perspective And Testimony:** Asaph has a renewed faith to share with others who are going through.



13

7. Compare Psalm 73:2 to Psalm 73:28. What changes do you observe in the Psalmist's soul?

2 But as for me, my feet had almost stumbled; My steps had nearly slipped.

- Despair
- Disillusionment

28 But it is good for me to draw near to God; I have put my trust in the Lord God, That I may declare all Your works.

- Confidence
- Comfort
- Conversation



14

8. How might your perspective on anxiety shift as the result of this Psalm?

- **Understanding:** Problems are nothing new to God. Whatever we are facing, God is in control.
- **Trusting** God has never failed us, and we can always trust Him.
- **Anticipating** Regardless of what things look like now, we can anticipate God doing good on our behalf.
- **Sustaining** Our confidence in God gives us the strength and reason to keep going.



15

Keys For Living

- Even when things look bleak and uncertain around us, we can be sure that God is behind the scenes, working on our behalf.
- Although it looks like those who reject God and continue to do evil are prospering now, they will surely face the final judgement of God in the end.
- Consistent attendance in worship, personal and corporate prayer, along with daily Bible reading, are vital in keeping our focus on the Lord.



16

