

March 11 & 12, 2017

Week #3

GUARD RAILS

A STUDY IN PROVERBS
DISCUSSION GUIDE

Guardrails: Proverbs 3:5-6

March 11 & 12

OPENING QUESTIONS

1. On a scale of 1-10 (1 = very little, 10 = extreme), how much of a concern are anxiety and worry for you on a regular basis? Describe what kinds of things cause you the most anxiety.
2. Describe negative affects you or others in your family experience as a result of anxiety or worry?
3. What are things you've tried to reduce anxiety, worry, or stress? What has worked/hasn't worked?

IN THE WORD

1. What questions do you have from Pastor Carter's message? What more would you like to learn?
2. Read [Proverbs 3:5-6](#).
3. These verses (3:5-6) are often seen as the key verses in Proverbs. Summarize or paraphrase them in your own words.
4. Pastor Carter taught about dealing with anxiety in three ways:
 - A. Trusting God completely, NOT trusting or leaning on ourselves and acknowledging God in ALL our ways
 - B. As Solomon desired to help young men, women and their parents grow up, in what ways would they need to trust God specifically?
 - C. How would you describe the difference between "trusting God with all our hearts" and "acknowledging God in all our ways"?

5. Look through [1 Kings Chapters 1-11](#) at the life of Solomon.
 - A. In what ways, did Solomon trust God and acknowledge God completely?
 - B. In what ways, did Solomon trust in himself and not God?
 - C. With God-given wisdom, what do we learn from Solomon?

MAKING IT PERSONAL

1. In what specific ways do you need to denounce trusting in yourself and your own ways? Be specific.
2. What will it look like for you to trust God more completely and in every area of your life?
3. Set some specific goals for the coming week and month that will lead you to trust in God more and in yourself less.
4. Spend some time in prayer in pairs or in smaller groups praying for greater trust in God and His help in diminishing anxiety.

CONTINUED LEARNING...

1. Who were others in the Bible who either trusted in God completely or struggled to trust God because they were self-reliant? What can we learn from them?

Notes



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