

What stood out to you in the podcast and/or in the reading of this Psalm?

What are the greatest sources of fear in your life? What does this Psalm teach us is the antidote to fear and anxiety? How does David's faith deliver him from fear?

What is 'the one thing' that David asks of the Lord? Does this surprise you? Why do you think this is his request?

God says "seek my face". What do you think it means to seek God's face? How does David seek the Lord?

When have difficult times strengthened your relationship with the LORD?

What truths in this Psalm encourage your heart? Which truths challenge you?