

Sermon Title: “Forever Faithful: Conquering Anxiety with God’s Unfailing Love”
Text: Psalm 136 (ESV)

Key Verse: “Give thanks to the Lord, for he is good, for his steadfast love endures forever.” (v. 1)

Big Idea: Anxiety shrinks when we remember God’s forever faithfulness in creation, redemption, and daily provision.

Small Group Discussion Guide

What’s one thing that’s been making you anxious lately (big or small)? No need to fix it—just share so we can pray.

Pray together starting small group time-

Part 1: Digging into the Text (Contextual Questions)

Why do you think the psalmist repeats “His faithful love endures forever” 26 times? What does that repetition do to the way Israel would have experienced this psalm in worship?

In verses 1–9, the psalm moves from God’s goodness and greatness to very specific acts in creation (heavens, earth, lights). Why does the psalmist start with creation instead of jumping straight to the exodus? How does that set the foundation for fighting anxiety?

Verses 10–15 focus heavily on the exodus and Red Sea. What details stand out to you about how God acted on Israel’s behalf? How do those details reveal both his power and his love?

In verses 23–25, the tone becomes very personal (“who remembered us in our low estate”). Why is it significant that the same God who defeats kings and stretches out the heavens is the one who “remembers us” when we’re low?

The psalm ends with “gives food to all flesh” (v. 25) and “God of heaven” (v. 26). How do these two descriptions—everyday provider and transcendent Lord—work together to combat anxiety?

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Part 2: Bringing It Home (Application Questions)

Which area of anxiety hits you hardest right now—future (creation), past (redemption), or present (provision)? Why do you think that is?

When you're anxious, what tends to be the loudest voice in your head (circumstances, lies, past failures, etc.)? How could answering that voice with "His faithful love endures forever" change the conversation?

Think of your own "Red Sea" moment—a time God made a way when it looked impossible. Share it with the group. How does remembering that moment shrink today's anxiety?

If it were to be your words in Psalm 136 what would it sound like? (If you were the psalmist what would those places of remembrance be?). Try it right now (1–2 minutes): Finish these sentences aloud or on paper:

"Give thanks to the Lord for _____, for his faithful love endures forever."

"Who did _____ in my life, for his faithful love endures forever."

How did that simple exercise feel?

Practically, what would it look like this week to fight one anxious thought with the refrain of Psalm 136? Be specific: When will you do it? How will you remind yourself?

This week we had 3 Anxiety Killers: How can you put these into practice?

1. Anxiety Killer: When Fear rises this week remember who He is.
2. Anxiety Killer: Let those chains of the past go, let them fall off of you.
3. Anxiety Killer: This week practice Gratitude—name one provision daily

Prayer Time

Go around and let each person finish this sentence as a prayer:

"Lord, right now I'm anxious about _____, but I choose to remember that your faithful love endures forever."