



Leader's Guide for "God Is Our Refuge"

Psalm 61:1–4 | Pastor Dave Bennett | Series: Triggered | October 26, 2025

Session Overview

This week's discussion focuses on how God invites us to find peace and safety in Him when life feels overwhelming. Drawing from Psalm 61:1–4, Pastor Dave teaches that anxiety is real, but so is God's refuge. David's prayer reminds us that God is our rock, strong tower, dwelling place, and the shelter of His wings—each image showing a unique way God meets us in our fear. Encourage your group to share honestly about their anxieties and to discover the strength that comes from crying out to God and taking refuge in His presence.

Session Flow (60–75 minutes)

1. Welcome and Icebreaker (10 min)

- Example question: "Where do you naturally go—or what do you naturally do—when you're feeling anxious or stressed?"
- Purpose: to open conversation about our common struggle with anxiety and our natural responses to it.

2. Scripture Reading (5 min)

- Read Psalm 61:1–4 aloud.
- Optional: read it again from The Message or NLT to highlight David's raw emotion and dependence on God.

3. Discussion (40–50 min)

- Use 6–8 of the discussion questions below, depending on time and group size.
- Encourage authenticity—this topic touches everyone. Model vulnerability by sharing one of your own "end of the earth" moments.

4. Application and Prayer (10–15 min)

- Invite participants to name one area of anxiety they need to bring under God's refuge.
- Pray together, asking God to be their rock, tower, home, and wings this week.
- Optionally close with an anointing or simple moment of silence to rest in God's presence.

Discussion Questions

Pastor Dave began by acknowledging that anxiety is real but so is God. Why is it important to hold both of those truths together?

Leader Note: Emphasize the balance—faith doesn't deny anxiety's reality but redirects it toward God's presence and promises.

David described feeling at “the end of the earth.” What does that phrase mean to you, and when have you felt that way?

Leader Note: Encourage participants to share moments of deep stress or hopelessness. Point out how David's honesty became the doorway to connection with God.

David calls God “the rock that is higher than I.” What does that image teach us about stability during life's storms?

Leader Note: The “rock” represents something immovable when we feel swept away. Discuss how God can lift us above what threatens to drown us.

Pastor Dave said God is also our “strong tower.” What might it look like for God to elevate your perspective above what's attacking you?

Leader Note: Explore spiritual warfare, emotional attacks, or temptation. The “tower” helps us see differently and fight with renewed confidence.

David calls God his “dwelling place.” How does picturing God as home change your understanding of refuge?

Leader Note: Contrast temporary escapes (distractions, busyness, substances) with true refuge in God's presence—a safe, familiar, restoring space.

Pastor Dave shared the image of God's “wings.” Why might God choose such a gentle, parental picture for people battling anxiety?

Leader Note: Discuss God's closeness, care, and tenderness. Link to Jesus' words in Matthew 23:37—God longs to gather and protect His people.

The sermon noted that God's sovereignty doesn't mean He decides every detail of our lives. How does that distinction help us trust Him?

Leader Note: Clarify that God's control isn't micromanagement—it's assurance that He always has the final say and His heart is good.

David “cried out” to God with raw honesty. Why do you think God invites that kind of prayer?

Leader Note: God is drawn to honesty, not perfection. Refer to Psalm 34:18—He is close to the brokenhearted. Encourage unfiltered connection over polished words.

Pastor Dave said “our first step is connection, not control.” What are some ways we try to control anxiety instead of connecting with God?

Leader Note: Identify false refuges—self-sufficiency, manipulation, distraction. Discuss practical steps to replace control with surrender and prayer.

Psalms 46:1 says, “God is our refuge and strength, an ever-present help in trouble.” How can you recognize His “ever-present” help this week?

Leader Note: Invite participants to name where they've seen God's help—in people, therapy, Scripture, or prayer. Encourage gratitude for how He meets us in many forms.

Closing Prayer Suggestion

Lord, thank You that You are our refuge. You are our rock when we feel overwhelmed, our strong tower when we are under attack, our dwelling place when we need rest, and our wings when we need comfort. Teach us to cry out to You honestly and to take refuge in Your presence. Replace our anxiety with Your peace and our fear with Your strength. Amen.