



Part 5 What to do with Worry, Doubt, and Fear



What to do With Worry

* Meet Today's Problems with Today's Strength

"Give your attention to what God is doing right now, and don't get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes." Matt. 6:34 Msg.

"Let us approach the throne of our gracious God with confidence, so that we may receive mercy and find grace to help us when we need it." Heb. 4:16

What to do with Doubt and Fear

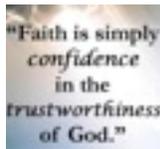
* Turn to Jesus Over and Over and Over Again

"Let us run with endurance the race that is set before us, we do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith" Heb. 12:1



"Do not be anxious about anything, but in everything, by prayer and petition...present your requests to God. And the peace that passes understanding will guard your hearts and minds. Phil 4:6-7

"Men do not die for things they doubt" Paul from movie



* Trust Your Faith Over Your Feelings

"But when Peter saw the wind he became afraid, and beginning to sink cried out, "Lord save me!" Immediately Jesus reached out his hand and caught him. "You of little faith," he said, "why did you doubt?" Matt. 15:30-31

"It is by faith you stand firm" II Cor. 1:24

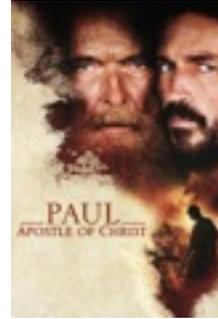


Part 5 What to do with Worry, Doubt

Open Your Group Time With Prayer

This Is Only a Guide—Select the Points You Want Discuss

- Take a minute to review the points from the sermon outline. What sticks with you and why?



DISCUSSION QUESTIONS

1. Have you ever doubted the existence of God? If so when and in what situation
2. What causes you to worry and be fearful?
3. Think of a time when you cried out to God and really felt God lifting you up and giving you strength.
4. What does it mean to “Meet Today’s Problems with Today’s Strength?”
5. Is it interesting to know that Paul had worries doubts and fears?
6. Why should we trust our faith over our feelings?

Going Deeper

Read out loud and silently Matthew 14:22-32. What does this story teach you about faith and fear?