

Winning the Battle Against Fear & Worry

Matthew 6:25-34

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Pastor Daniel Fusco

You're Gonna Make It

Reflect

Outline: Recap

Realize

Points to Ponder

Respond

Questions to draw out understanding.

REFLECT

We know we shouldn't worry. But we do. We catch ourselves nursing anxiousness about many things that might or could happen. We know that it doesn't change the situation, yet we persist. Welcome to the human condition on this side of eternity. But Jesus came, lived, died and rose again to make us more than conquerors. Not only that, Jesus has empowered us by His Spirit to live uniquely. As we continue our You're Gonna Make It series, don't miss this message about fear and anxiety.

REALIZE

1. Do not worry

- **Scripture Reference;** Psalm 37:1, 8; Isaiah 41:10
- **Leader Notes**
 - God wants us to trust in him instead of worrying about our lives.
- **Questions for Reflection**
 - What causes me the most anxiety?

2. Learn from nature

- **Scripture Reference;** Psalm 150:6; Joshua 1:9
- **Leader Notes**
 - We are so busy worrying about what we don't have that we can't see what we do have.
 - God is a God who provides daily.
- **Questions for Reflection**
 - How does Jesus want to change what I fear?

3. Invest that energy in the right place

- **Scripture Reference;** Psalm 94:19
- **Leader Notes**
 - We are called to revere and exalt God's name.
- **Questions for reflection**
 - How can I seek first God's kingdom?

Optional Follow-up Questions:

- What makes you say that?

- How do you feel about that?
- How would you explain your answer to a non-Christian friend or neighbor?
- Why did God design it to work that way? Why not just do (whatever else) instead?
- What would you say to someone who disagrees with that?
- Why do we really have to do it like that? Why can't we just go (some other route) instead?