



# FIGHTING WORRY

Fight your fear of the future by increasing your fear of the Lord.

## THE GOSPEL

### Creation

We were created for a relationship of perfect trust with God.

### Fall

Sin broke our relationship with God and caused us to doubt his goodness. Worry was born.

### Redemption

The death and resurrection of Christ prove God's perfect trustworthiness.

### Restoration

Because of Christ, we can begin today to restore the trust that was broken. We can say no to worry!

## PRAY

### Philippians 4:6-7

#### Promise

When we pray our worries to God, he promises us a peace that surpasses our understanding.

#### Repent

Confess your distrust of God and ask for his forgiveness.

#### Ask

Lay all your requests, worries, and struggles at God's feet.

#### Give Thanks

Thank God for the all the ways his grace still reaches you.

## PREACH THE PERSON OF GOD

### Scriptures that describe God's character:

- 1 John 1:5
- 2 Peter 3:9
- Isaiah 40:23
- John 4:24
- Numbers 23:19
- Psalm 18:30
- Psalm 50:6
- Psalm 116:5
- Psalm 68:19-20
- Psalm 84:11-12
- Micah 7:18-19
- 2 Samuel 22:32-34
- Exodus 34:5-7
- Colossians 1:15-20
- Psalm 103
- Job 38-40
- Hebrews 1
- John 1: 1-5
- Deuteronomy 4:24-31
- James 1:17
- Hebrews 13:8
- 1 John 1:9
- Isaiah 40:28
- Isaiah 6:3
- Malachi 3:6
- Psalm 18:30

### Books that teach about God's character:

- *None Like Him* by Jen Wilkin
- *In His Image* by Jen Wilkin
- *Holier Than Thou* by Jackie Hill Perry
- *Gentle and Lowly* by Dane C. Ortlund
- *The Knowledge of the Holy* by A.W. Tozer

## PREACH THE PAST FAITHFULNESS OF GOD

*When you worry you suffer twice.* - Newt Scamander

*There is no hypothetical grace for your hypothetical fears.* - Kathy Keller

### God's past faithfulness to his people

Trace God's faithfulness to his people throughout the entire story of the Bible: from Genesis to Revelation.

### God's past faithfulness to you

Recall times of suffering in your life and write down every way God was faithful to you.

### God's faithfulness to your companions in suffering

Find sisters and brothers in the Church who have experienced God's faithfulness in their suffering and ask them to encourage you with their story.





## PREACH THE PROMISES OF GOD

*Lists borrowed from the "Pour Out Your Heart" prayer journal by Crossway*

### Promises to calm fears

- Exodus 14:13-14
- Joshua 1:9
- 2 Chronicles 20:5-15
- Psalm 3:3-6
- Psalm 33:18-22
- Psalm 34:7,9
- Psalm 103:11,13
- Psalm 147:11
- Isaiah 3:10
- Isaiah 26:3-4
- Isaiah 43:1
- Isaiah 54:10
- John 16:33
- Romans 8:28-30
- 2 Thessalonians 3:16
- 1 John 4:4

### Promises to give us strength

- Psalm 28:8-9
- Psalm 29:10-11
- Psalm 46:1
- Isaiah 40:31
- Isaiah 41:10
- Isaiah 45:24
- 2 Corinthians 12:9
- Ephesians 6:10
- Philippians 4:13

### Psalms to build confidence in God

- Psalm 11
- Psalm 16
- Psalm 23
- Psalm 17
- Psalm 62
- Psalm 91
- Psalm 121
- Psalm 125
- Psalm 131

### Musicians who sing Scripture

- Linda Biery
- The Corner Room
- Poor Bishop Hooper
- Seeds Family Worship
- Sandra McCracken
- Shane and Shane
- Ellie Holcomb

### Hymns about fear

- How Firm a Foundation
- A Mighty Fortress is Our God
- Great is Thy Faithfulness
- It is Well with My Soul
- O God Our Help in Ages Past
- Abide with Me
- Guide Me, O Thou Great Jehovah

## OTHER RESOURCES ON BATTLING FEAR

### Books:

- *Fight your Fears* By Kristen Wetherell
- *Overcoming Fear, Worry, and Anxiety* by Elyse Fitzpatrick
- *Fighting Words* by Ellie Holcomb
- *The Cost of Control* by Sharon Hodde Miller
- *Created to Care* by Sarah Wallace
- *Holy Fear* by Christina Fox
- *Fear and Faith* by Trillia Newbell
- *The Courage to Stand* by Russell Moore
- *The Pilgrim's Progress* by John Bunyan
- *The Promises of God* by Charles Spurgeon
- *The Valley of Vision* Puritan Prayers

### Podcasts:

- Risen Motherhood: Fear Series
- Let's Talk (from The Gospel Coalition):
  - Fear and Anxiety
  - People Pleasing
  - The Holiness of God
- Daily Grace Co.
  - Overcoming Fear of the Future
  - Fighting Our Fears with Kristen Wetherell
- Ask Pastor John
  - Overcoming Fear
  - How Do I Overcome My Fear of the Future?
  - Flee to Christ in Fear
- Journeywomen Podcast
  - Fearing God and Not Our Circumstances
  - Rightly Oriented Fear in God





## **GATHER AND GROW - WHEN FEARS ARE STILLED - TABLE TIME DISCUSSION QUESTIONS**

- What kind of things do you tend to worry about the most? What sins do you think are at the root of those worries (ex. control, pride, fear of what others think of you, loving something more than God, trusting something other than God for your security)?
- Philippians 4:6-7 teaches us that we need to pray with repentance, supplication, and thanksgiving when we are worried. Which of these three types of prayer come most easily to you? Which parts do you tend to forget or find difficult?
- Which of God's characteristics do you call to mind when you are worried? Which of his attributes give you peace when you remember them?
- Share a story of God's faithfulness in suffering: either in your own life or one you like from the Bible. How does recalling his faithfulness in these stories help you battle worry?
- What scriptures, psalms, hymns, or songs do you turn to when you are worried? What words in those scriptures or songs bring you peace and help you trust God?
- What is one thing you will take away from our time together this morning?



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