

## FEAR NOT



## PRECEPT

## MATTHEW 10:29-30

<sup>29</sup> Are not two sparrows sold for a penny? Yet not one of them will fall to the ground outside your Father's care. <sup>30</sup> And even the very hairs of your head are all numbered.

## PROVERBS 12:25

Worry weighs a person down; an encouraging word cheers a person up.

## PROMISE

God commanded us in His Word, "*Be anxious for nothing.*" (Philippians 4:6). Yet, a lot of us His children, worries a lot. Did you know that worrying is the most committed sin among Christians? It is like telling God, "I don't believe you, I don't trust you, I don't believe You are good." It is quite a serious sin. Many of us will say, "I am just concerned, but not worried." There is a difference between the two. Concern often motivates us to take precaution and to think ahead. It is when we do the best of our ability, then leave the rest to God. Now, it becomes a worry when we think about it all throughout the day. It paralyzes us that we are not able to sleep at night and enjoy the day. There is fear and anxiety that it becomes a pre-occupation. Worry can destroy us and the people around us. Charles Black, M.D. said, "85% of what you worry about never happens." Truthfully, what we worry the most, often reveals where we trust God the least. We are reminded in Matthew 10:29-30, "*Are not five sparrows sold for two pennies? Yet not one of them is forgotten by God. Indeed, the very hairs of your head are all numbered. Don't be afraid; you are worth more than many sparrows.*" The following are steps we can take when we worry:

**ACKNOWLEDGE GOD.** Proverbs 3:6 says, "*In all your ways acknowledge Him, and He shall direct your paths.*" We are to pray to Him, read His Word, and give to Him what is due to Him. If we truly acknowledge God, we know His character and promises, that He will not forsake us and will provide for our needs.

**CONNECT WITH BELIEVERS.** Galatians 6:2 tells us to bear one another's burdens. When we go through troubling times, we must connect with believers who can encourage and pray for us. It is easier to get back up when someone is there to support us. James 5:16 says, "*The prayer of a righteous person is powerful and effective.*"

**ENTRUST THE REST TO GOD.** Proverbs 3:5 commands us, "*Trust in the LORD with all your heart and lean not on your own understanding.*" He knows the beginning and the end, and as His children, the victory is ours, so we must trust Him whatever our circumstances are.

**SPEAK ENCOURAGEMENT AND TAKE ACTION.** When our brother or sister is discouraged, let us be there to lift them up and speak encouragement to them. Let us also take action, doing the best we can and leaving the rest to God. He is in control and can take away our worries and fear. Colossians 3:23-24 says, "*Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.*"

The word "Fear not" has been mentioned 365 times in the Bible. So every single day, the Lord tells us to not worry. He is our firm foundation and solid rock. He can make the impossible possible, because He is our mighty God!

## PRACTICE

**1. Philippians 4:6-7.** How have you learned to give your worry to God? Take a moment to read Philippians 4:6-7. How does this illustrate the connection between prayer and worry?

**2. Worries in Life.** What is one way that God is speaking to you personally through this study? Share your answer to the group.

## PRAYER

## I. Life Link

- Pray that they will continue to usher people with smiles and welcoming hands.

## II. Life Worship

- Pray that they will aim for excellence in leading people to worship.

## III. Life Sports

- Praise God for healthy bodies that allows us to exercise and play sports.

## IV. Life Kids

- Pray for more volunteers to teach, assist, and support our kids ministry in the church.

## V. Ministries

- Pray that God will empower all of our ministries with His strength, grace, and guidance

## VI. Life Groups

- May we grow in faith, support one another, and spread God's love.

## VII. Worship Services

- Pray that God may bless each of our attendees and draw us closer to Him.