

Take Heart

February 19, 2023 | Reggie Roberson

WARM UP QUESTIONS: What area of your life causes you to worry the most?

READ: John 16:33, Psalm 34:1-6

FOCUS: Take heart! God helps us to overcome worry and anxiety as we pray, process and praise him.

OBSERVE:

- There is a difference between anxiety and worry. Worry pertains to the mind and is produced by dwelling on difficulties and troubles. Worry occurs when we become overly concerned about an issue of life and begin to doubt the goodness of God. Anxiety is bondage that robs us of joy and peace. Anxiety is a dreaded emotion or feeling produced by anticipating events and their possible outcomes, which may affect the entire body. Jesus has come to give freedom and life to those oppressed.
- As we pray, God works on our hearts and deepens our relationship with Him. When we pray, we humble ourselves before God and recognize Him as the Lord of our lives. Prayer changes us and our situations, and we become radiant as God's glory shines on us (Ps 34: 5).
- We must learn to process our thoughts through the lens of the word of God because our thoughts influence our feelings which leads to the behaviors we exhibit in life. Having a community of believers praying and processing with you in times of difficulty will keep you encouraged and hopeful in the Lord.
- As we praise and worship God, we engage the God of Peace, who exchanges our anxiety with His peace. Praise is our way of waging war against fear, anxiety and worry.

REFLECT:

- What areas of your life are you experiencing anxiety? Why?
- How are you doing at relying on God through prayer, processing and praising Him in the midst of your challenges?
- How is God using these situations to grow you in spiritual maturity?

TAKING ACTION:

- Take a few minutes every day to pray, process and praise God about any situation that is causing anxiety in life.
- Participate in Life Groups. Life Groups are meant to help people grow together in love, build community, stir up one another's gifts, produce good works and receive the accountability needed to develop well. Doing life together actively counters isolation.

PRAY: *Dear Heavenly Father, thank You for Your word that brings us peace when we are anxious during difficult situations in our life. Give us Your peace that transcends our understanding. We choose to trust You through every situation we face because You are in control over our lives, and You are good. You are the God of peace. Thank You Father. Amen.*

