



<b>DATE</b>	July 15, 2018
<b>SPEAKER</b>	David Smith
<b>TITLE</b>	Worry to Contentment
<b>SERIES</b>	Stuck in anxiety? Trapped by guilt? Bound by consequences? Your future can be greater than your present. With God's help, you can undergo a metamorphosis and emerge from them free to experience the abundant life you're meant to live.

Despite how much we realize it doesn't change the outcome, sometimes we let worrying get the better of us. Today's sermon reminds us that we don't have to worry. Through Jesus, we can move from a state of fear and worry into a state contentment and peace.

1. Jesus tells us, "Who of you by worrying can add a single hour to his life?" (Matthew 6:27). What do you think would've happened if, when Jesus walked the earth, He worried about everything instead of trusting God?
2. God wants to take all your worries from you so that you can enjoy your life the way He intended, as it brings joy to Him. What worries are you willing to give God right now?
3. What does it look like when I reverse my worry into rejoicing for the Lord? How would giving it over to Him actually transcend the understanding I need? Philippians 4:4-7 teaches us to always rejoice in the Lord, to not be anxious, and to pray in every situation - give thanks, be specific, and pray often.
4. Reflect on Proverbs 3:5, "Trust in the Lord with all your heart and lean not on your own understanding." When we worry, we are saying to God that we don't think He can handle what we're feeling or going through. Is that really the message you want to give God? Is that really how you feel?
5. Describe a time when you gave something you were worried about to the Lord. How did your worrying help the situation? Conversely, what contentment did the Lord bring? In hindsight, how was His timing better than yours?
6. Change can be pretty scary for most people. What changes do you need to make in your life that are scary for you? Are you able to surrender your fears and trust that God is in control?

Pastor David left us with something to ponder this week - *It's hard to control our feelings, but we can control our responses.* The next time you feel anxiety or worry, be mindful of your

response. Does your response demonstrate that you know Who is really in charge? If not, why not bring it to the cross and pray about it?