

**What To Do With Fear and Worry**  
**March 14-15, 2020**  
**Dr. Jeffrey Allen Love & Steve Tanner**

*"That is why I tell you not to worry about everyday life...Look at the birds. They don't plant or harvest or store food in barns, for your heavenly Father feeds them. And aren't you far more valuable to him than they are? Can all your worries add a single moment to your life?"*

Matthew 6:25-27 (p.737)

*"For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline."*

2 Timothy 1:7 (p.914)

- **Fight Fear And Worry With Faith.**

1. **Pray, don't worry.**

*"Give all your worries and cares to God, for he cares about you."*

1 Peter 5:7 (p.937)

*"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus."*

Philippians 4:6-7 (p.901)

2. **Walk in wisdom.**

*"If you need wisdom, ask our generous God, and he will give it to you. He will not rebuke you for asking."*

James 1:5 (p.930)

*"Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take."*

Proverbs 3:5-6 (p.482)

3. **Trust God.**

*"I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world."*

John 16:33 (p.825)

*"Don't let your hearts be troubled. Trust in God, and trust also in me."*

John 14:1 (p.823)

*"I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid."*

John 14:27 (p.824)

*"So don't worry about these things, saying, 'What will we eat? What will we drink? What will we wear?'...Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need."*

Matthew 6:31-33 (p.738)

**Next Step:** I will pray every day for those in leadership.

From the Weekend Talk of March 14-15, 2020  
*What To Do With Worry and Fear*

Life Groups use these questions to go deeper into what we talked about this weekend. Dig into them so you will be ready for the discussion at your Life Group. Find out more about Life Groups at the Info Center in the lobby or go to [alivechurch.com/groups](http://alivechurch.com/groups).

This week we had all of our Weekend Services online.

*"But as for me, how good it is to be near God! I have made the Sovereign Lord my shelter, and I will tell everyone about the wonderful things you do."* (Psalm 73:28 (p.446\*)).

- So, even if we sometimes cannot be near each other in these days, we can always be near our Lord.

### Car Questions/Conversation Starters

- What were you afraid of when you were a kid? What gave you comfort when you faced those fears?
- Do you have a favorite "go to" place for prayer?
- What is faith? When was the last time you exercised your faith?

### Quick Review

- Looking back at your Talk Notes, was there anything you heard in the service that stood out or maybe even confused you?

### Discussion Starters from the Weekend Talk

**Refer to the Talk Notes and related Bible verses from this Weekend's Talk.**

- Pastors Jeff Love and Steve Tanner highlighted *One Thing* to remember from this Talk: **"Fight Fear And Worry With Faith."** (See Matthew 6:25-27 (p.737\*) and 2 Timothy 1:7 (p.914\*))
  - Talk about the idea of "fighting" with the "weapon" of faith. What does that look like? When have you used this "weapon?"
- Jeff and Steve taught about three phases of how we fight worry and fear with faith:
  - (1) Pray, don't worry.** (1 Peter 5:7 (p.937\*) and Philippians 4:6-7 (p.901\*))
    - Read through these verses together. What similarities do you see in them? What promises does God make in them?
    - When have you worried about something that you really should have prayed about instead?
    - Read Psalm 34:1-4 (p.428\*)
      - What are some principles you see proclaimed in this passage? What does it say about fear?
  - (2) Walk in Wisdom.** (James 1:5 (p.930\*) and Proverbs 3:5-6 (p.482\*))
    - Who is the wisest person you know? What makes them wise?
    - Why do we need to ask for wisdom (James 1:5)? Why doesn't God just give it automatically?
    - What components does Proverbs describe that lead us to the right "path to take?" How do you know you are on that path?
    - Read Matthew 7:24-27. What principles of wisdom are described here?
  - (3) Trust God.** (John 16:33 (p.825\*), John 14:1, 27 (p.824\*) and Matthew 6:31-33 (p.738\*))
    - What does peace look like? How do you stay in God's peace?
- Talk about how these three phases of "How to Fight Fear and Worry with Faith" fit together? How does one build on another?

### Digging Deeper

- Our Life Transformation Bible Discipleship Plan addresses the topic of "Prayer" in two separate studies, on Page A26-27 and Page A28-29.
- Read, together, the Names of God section on Page A28.
  - Briefly talk about a time when you experienced God in each of those attributes.

### Taking It Home: Next Step

- **My Next Step:** *I will pray every day for those in leadership. (See 1 Timothy 2:1-3 (p.910\*))*

## Pray

- Pray now for those in leadership in our country, state, community and church. And pray for one another, the Church, and Alive Church.

## This Weekend:

This weekend we will, again, offer Weekend Services ONLINE ONLY. Our series continues as we talk about *What To Do With Worry and Fear*. Remember that we are also providing unique online content for kids. Find out more at [alivechurch.com](http://alivechurch.com).

Please tell a friend about Alive Church Online.

*All of these notes are also in our App. To get our FREE App just text "ALIVEAZ APP" to this number: 77977 and follow the instructions. If you need help, we'll help you!*

*\* The Life Transformation Bible is the New Living Translation of the Bible, including many useful tools to help you better understand God's Word, including our own Alive Church Life Transformation Discipleship Plan. They are available FREE in the church lobby.*