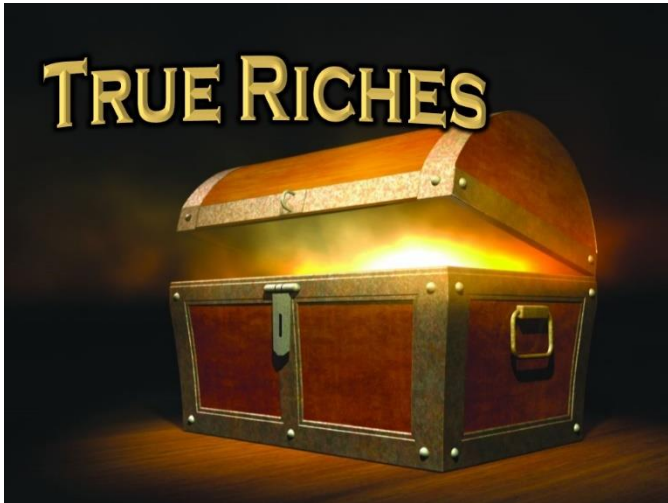


Sunday, November 3, 2019



From Anxiety to Trust

How to use Talk It Over:

Talking through the message during the week helps you turn what God is saying to you into action steps. Begin with the key questions and then wrap up by deciding on your next steps. You can use this study guide with your small group, your family, or on your own.

Key Questions:

- 1) Where do you find yourself worrying? What do you worry over or about?
- 2) What happens to you when you're worried? What might help to let go of the worry?
- 3) This week try this: every time you find yourself worrying, stop, and lift that worry up to Jesus, saying to him that you are choosing to trust him with this. Even if you don't really – say it anyway... and then try to make it true.

Reading for this week:

Monday: Isaiah 40:28-31

Tuesday: Romans 8:38-39

Wednesday: Jeremiah 17:7-8

Thursday: Philippians 4:6-7

Friday: I Peter 5:6-7