



“Trusting God with the What-If's”

...Contentment in the face of fear

Matthew 6:25-34

Session Nine

- The world is a dangerous place, and we fear what the future may hold
- Jesus warns us that fear about the future is not helpful
 - You are valuable to God; He is invested in your future
 - Fear about the future doesn't fix anything
 - Your fear of the future will fade as you grow in your knowledge of God
- Instead of fearing the future, seek the Kingdom of God

True Contentment comes not from trying to control the future,
but from trusting that God holds my future and it is good.



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- The world is _____, and we fear what _____.
- Jesus warns us that _____ is not helpful
 - You are _____ to God; He is _____ in your future
 - Fear about the future doesn’t _____
 - Your fear of the future _____ as you grow in your _____
- Instead of _____, seek the _____

True Contentment comes not from _____ the future,
but from trusting that _____ and _____.

Discussion Questions:

Icebreaker: Name one thing you were scared of as a child.

Review your scripture memory (Philippians 4:6-8).

From Calm My Anxious Heart:

- Willis Carrier's three-step plan for handling worry consists of 1) Ask yourself what is the worst that can possibly happen, 2) Prepare to accept it if you have to, and 3) Then calmly proceed to improve on the worst. Share one of your worst What Ifs and how you work through the three steps.

From the Large Group Time:

- What are some of your current fears?
- Can you think of a time when a situation that seemed to be bad proved over time to be beneficial?
- We have all sunk into fear about some future event (what if the hurricane lands here?). When that fearful event doesn't happen as we feared, what would be an appropriate prayer to God about the situation and your response to it?
- Can you think of a fear or worry that didn't come about? How did you take the time to celebrate how far God has taken you in that journey? (perhaps acquiring a physical reminder?)

For next week:

Read Calm My Anxious Heart, chapter 11: "Trusting God with the If Onlys" and chapter 12: "Trusting God with the Whys."

Do the associated homework assignment at the back of the book.

Finish memorizing....

Philippians 4:6-8 (NIV)

6 Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. **7** And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

8 Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.