

"Don't Worry...I Got This!"

-God

"You Can Do **Hard** Things" Series- Part 04

Share/Connect time: What is your favorite small town? Tell us why it is your favorite.

What's on your mind?:

In preparing this study guide, I typed the word "worry" in Google and twenty-one of the first twenty-five entries that popped up were related to the coronavirus. Some concerns related to the impact of this disease included the stock market, maintaining the supply chain for food, medicine, and other basic needs, hygiene in schools, travel, and on and on and on.

We are bombarded daily with updates through social media, national news, and conversations with friends and family that feed our anxieties about this and other concerns we have little or no control over. Yet long before these world issues, we have been prone to worry about daily concerns much closer to home – our families, job performance/security, relationships, etc. How do we avoid giving in to paralyzing worry in the face of such concerns?

Today, let's look at the story of an Old Testament hero who was worried and yet found peace.

Book: Genesis 15:1-6

Gen 15:1 Some time later, the LORD spoke to Abram in a vision and said to him, "Do not be afraid, Abram, for I will protect you, and your reward will be great."

Gen 15:2 But Abram replied, "O Sovereign LORD, what good are all Your blessings when I don't even have a son? Since You've given me no children, Eliezer of Damascus, a servant in my household, will inherit all my wealth.

Gen 15:3 You have given me no descendants of my own, so one of my servants will be my heir."

Gen 15:4 Then the LORD said to him, "No, your servant will not be your heir, for you will have a son of your own who will be your heir."

Gen 15:5 Then the LORD took Abram outside and said to him, "Look up into the sky and count the stars if you can. That's how many descendants you will have!"

Gen 15:6 And Abram believed the LORD, and the LORD counted him as righteous because of his faith.

Let's get into the Word:

One of the most repeated phrases in Scripture is, "Do not be afraid." Some variation of it is mentioned over 350 times.

Let's briefly discuss the consequences of living in fear or worry according to the following Scriptures:

Scripture	Consequence
Proverbs 12:25	
Proverb 29:25	
1 Samuel 15:24	

Big Question: What can we learn about battling fear, doubt, and discouragement through Abraham's dialogue with God in Genesis 15:1–6?

Is Abraham afraid?...how do you know and what is his fear?

Why should he not worry or be afraid?

Consider the following aspects of what we know about God and how it should impact our tendency to worry:

God's Person-

God's Power-

God's Resources-

God's Promises-

God's Glory-

Homework:

What is a current worry or fear that fills a lot of your thoughts and is challenging to your faith?

As you think about that worry, please prayerfully and honestly seek answers to the following questions:

What is the root of my worry?

What has God revealed in His Word about my particular worry?

Is God big enough to tell me, "Do not be afraid"?

What will I do next to reject fear/worry?

Which of God's promises will I claim and hold unto?