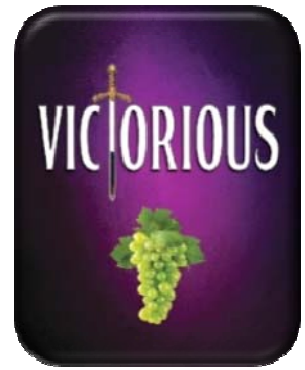


Looking Down Instead of Up

CASE STUDY 4



Alyssa stopped Carrie on the way out of the office where they work. “Can I talk with you for a minute, Carrie?” Alyssa asked. “Sure,” Carrie replied, “what’s up?”

“I have noticed that you look a little down,” Alyssa said with concern. “I’m worried about you. You don’t seem very happy. Your problem is probably none of my business, but is there some way I can help?”

“I’m fine,” Carrie assured Alyssa. “My mom has been ill lately, and I have spent a lot of time with her, including some late nights.”

“Well, take care of yourself,” Alyssa responded while giving Carrie a hug. “And please, never hesitate to come to me about anything.”

As Carrie walked to her car, she realized her anxiety over her mother’s illness was the reason she had looked so discouraged. Carrie confessed her anxiety to God and asked Him for the grace to deal with her trial. As she continued to pray, Carrie realized that her attempts to witness to Alyssa had been hampered by her gloomy demeanor. Carrie then asked God to use her to show Alyssa His peace and joy.

1. What do you think filled Rahab’s face as she talked to her family members about the safety of the scarlet rope after the events of Joshua 2?
2. What can Carrie do to restore her testimony at work?
3. What does your life testify about God?
4. What fears and turmoil, if any, do you need to take to God in order to restore your joy and peace?