



# Racing Thoughts

## CASE STUDY 7

Terrance was just about to nod off to sleep when he suddenly jolted. Instantly he was wide awake. Several thoughts raced through his mind in quick succession.

*What if my test results from my physical are not good? How in the world will I ever get that project done at work? What if I can't get the house painted before winter? Where am I going to find the money to pay for Sara's tuition? What do I need to do to fix the leak in the basement? Who am I going to have to let go at work?*

Terrance rolled onto his stomach and put his face in his hands to try to relax, but his mind would not slow down. Clearly he was not going to be able to sleep. Terrance slipped out of bed and felt his way down the hall and then to the couch. He flipped on the TV and searched for something to keep his mind off his nighttime fears and doubts.

1. Can you relate to Terrance's experience? When do you feel most overwhelmed with doubts and fears?
2. What do you typically do when you have an experience like Terrance's?
3. Read Genesis 15:1–6. How did God help Abram as he faced nighttime fears?
4. What truths about God was Abram assured of by looking at the stars?
5. How should those truths about God affect you during times of fear and doubt?
6. How do you plan to respond the next time you are faced with disquieting fears?