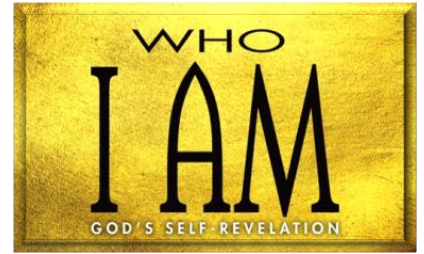


Up All Night

CASE STUDY 5



Sarah was so tired she could barely keep her eyes open during her a meeting at work. She had stayed up late the night before searching websites. She was trying to relieve the anxiety she felt over becoming an empty-nester, facing her daughter's enormous tuition bill, and refinancing her house. Instead her anxiety just grew worse. The websites confused her and the loss of sleep made her problems seem even bigger.

1. Evaluate Sarah's approach to her problems.
2. Read Exodus 14:14. What did Moses tell the Israelites as they watched Pharaoh's army getting closer to them?
3. Do you think God cares about your problems as much as He cared about the Israelites being chased by Pharaoh's army? Explain.
4. What are you facing that threatens to rob you of peace? Take it to God. Trust Him to guide and direct you.

