

Survive It

Worrying doesn't bring positive results. In and of itself, worrying doesn't change things for the better.

Worry is not good or healthy for you.

She sent a message to Elijah: "You killed my prophets. Now I'm going to kill you! I pray that the gods will punish me even more severely if I don't do it by this time tomorrow." Elijah was afraid when he got her message, and he ran to the town of Beersheba in Judah. He left his servant there, then walked another whole day into the desert. Finally, he came to a large bush and sat down in its shade. He begged the Lord, "I've had enough. Just let me die!" 1 Kings 19:2-4 (CEV)

You need to take care of yourself.

"Go out and stand before me on top of the mountain," the Lord said to him. Then the Lord passed by and sent a furious wind that split the hills and shattered the rocks—but the Lord was not in the wind. The wind stopped blowing, and then there was an earthquake—but the Lord was not in the earthquake. After the earthquake there was a fire—but the Lord was not in the fire. And after the fire there was the soft whisper of a voice. When Elijah heard it, he covered his face with his cloak and went out and stood at the entrance of the cave. A voice said to him, "Elijah, what are you doing here?" 1 Kings 19:11-13 (GNT)

Many of us have enough history with God that there's really not much of any excuse for us to be where we've allowed worry to lead us to be. We need to embrace anew a faith that trusts God will be with us no matter what we might face tomorrow. We need to take hold of a confidence in the goodness and never-failing love of God that will see us through whatever may come our way.

Offer up your worries and anxieties to God and let them go.

Talk About It

1. What's one of the longest trips you've ever taken?
2. What was one of your favorite "hide outs" as a kid?
3. What's one way you've been discouraged recently?
4. How would you describe the place you're in right now in your faith?
5. Do you think you have enough history with God that there's really not much of any excuse for you to be where you've allowed worry to lead you to be right now? Why or why not?
6. Do you think God does or does not care about your struggles? Why or why not?

7. When you experience a letdown, what helps you recover?
8. What are some ways you need to take care of yourself right now?
9. What's something you have trouble understanding about God?
10. What might tempt you to give up on God?
11. What do you think you need most in your spiritual life at this time?
12. What would you like to hear God whisper to you?