

Week 1

9th August 2020

Overcoming Worry

“God’s Faithfulness”

Lamentations 3:19-26

Sermon Outline

- Life’s worries easily weigh us down
(v19-20)
- So we need to remember God’s Faithfulness
(v21-22)
- Trusting Him day by day
(v23)
- For He is all we ever need
(v 24)
- Trusting His timetable for our lives
(v25-26)

Small Group Questions / Discussion

We often try to micro-manage everything in our lives so we can eliminate life's worries and pain. Can you give any example of this in your life? How did that turn out for you? What's the problem here – why is it that we can't "control" our lives in that way? Jeremiah was honest about life and its disappointments. Why is a realistic view of life necessary? Do you think our expectations are always well balanced?

Lamentations 3:21-22 *"Yet this I call to mind and therefore I have hope: Because of the LORD's great love we are not consumed, for his compassions never fail."* Identify and share the important principles revealed in this verse. Some versions say the Lord's Steadfast love. What do you think is the significance of the word Steadfast? How does it describe God's love? What do you think the writer means when he says His compassions never fail?

One of the foundational concepts in overcoming worry is to take hold of the sufficiency of God. How would you explain sufficiency in this context? What areas of your life do you struggle to believe this for - is there an aspect of your life where worry rules because you fail to see that God is all you need?

So much of our worry is created by what might happen in the future. Our worry is supercharged and damaging when we look ahead and come up with our own outcomes. How can faith help overcome this form of worry? Give an example when God's timing for your life proved to be a blessing and not a cause of concern?

God help me to overcome worry by focusing on your faithfulness. Help me to invest in you because

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