

Out of Control: Get Courage

Joshua 1 and Philippians 4:6-9

Getting Started:

What do people worry about? What do you worry about most often? Do you worry about the basic needs of life (food, shelter, clothing) or do you worry about other things? What are your life-long worries?

When your life is “out of control” do you have a tendency to be more worried or less? In these times, what do you worry about?

Digging Deeper:

Joshua 1:1-5

In these verses, Joshua becomes the new leader of Israel. Make a list of all the things that Joshua could have potentially worried about.

What would you have worried about most if you were in his shoes? Why?

Look at verses 1-5 again - what does the Lord say to Joshua that would help him to not worry?

God has promised us that He will never leave us nor forsake us (Heb. 13:5-6). Why do we still worry? What do you think is at the heart of worry? Is it as simple as we are not trusting God or is there more to it?

Philippians 4:4-9

(Verse 4-6)

Looking at verse 6 – Is God asking us to do something that is impossible? Is it possible to not be anxious about anything? If so explain.

Is there any situation where we have a ‘right’ to worry?

Do we sin when we worry? Do we need to repent when we worry? Do we? Do you?

Do you think there is a difference between being worried and being concerned? What is the difference?