

What If ??????????

Worry

There's someone that's been visiting our church on Sundays, and also starting to attend your small group. They seem really down during small group one night so after the meeting you grab them in the kitchen and ask, "How are you really doing? You don't seem like yourself." They start talking about their teenage daughter, and the wrong choices she's making now... it looks like her husband may be laid off from his job in the next month, and she recently was diagnosed with a degenerative bone disease that has been causing her limbs to ache. She says, "I am not sleeping well. I just think about these things every night when I lay down. I'm so worried about what's going to happen to me... and my daughter... and my family. During the day I'm sleepy and irritable with everyone around me. And no matter what I say or do I can't seem to get my daughter to do the right thing. She just won't listen to me. I've tried praying, but it doesn't seem to change anything. And I've just about given up on reading my Bible because I'm so stressed out... my mind just can't focus on Bible reading right now."

You have 5 minutes to decide how you should proceed and you *must* have at least one verse to motivate / guide your decision.

- Where would you start with this woman? What are the big themes in Scripture that she needs to see more clearly?
- What are the big root issues that are involved in her situation?
- How would you give her hope? What Scriptures would you use?
- How does someone overcome worry?
- Explain the biblical teaching of personal responsibility vs. trusting God. How would this help this woman? What can she do to practically implement this in her life right now? What can you do to assist her in this?