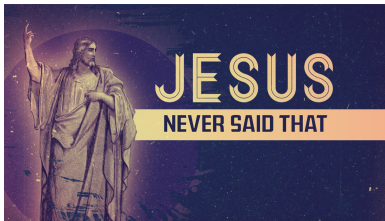


# MARINERS CHURCH



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Jesus never said,  
"There's a lot to  
worry about."  
October 18, 2019

**Hope is not a VERB; it's not something I DO.**

**Hope is a NOUN; it's something I HAVE.**

*We have this hope as an anchor for the soul, firm and secure. Heb. 6:19*

**Hope is the living confidence that a loving God is in charge of life and of my life and no matter what happens, good or bad, He's in control and it will be OK.**

*"Do not worry about tomorrow, for tomorrow will worry about itself." - Jesus, Matthew 6:34*

*Peace I leave with you; my peace I give you. And the peace I give is a gift the world cannot give. So don't be troubled or afraid. -Jesus, Jn14:27*

## Know the God I Have

**Because of God...**

**...my worry is useless.**

*"Who of you by worrying can add a single hour to his life?" -Jesus, Matthew 6:27*

**...my worry is needless.**

*"Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?" -Jesus, Matthew 6:26*

**...my worry is faithless.**

*"So don't worry about these things, saying, 'What will we eat? What will we drink? What will we wear?' These things dominate the thoughts of unbelievers. But your heavenly Father knows all your needs." -Jesus, Matthew 6:31-32*

## Involve God in every issue of life.

*Do not worry about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will guard your hearts and minds as you live in Christ Jesus. Philip. 4:6-7*

**#1 Don't worry.**

**#2 Pray about everything.**

## Get others around me.

*If one person falls, the other can reach out and help. But someone who falls alone is in real trouble. Ecclesiastes 4:10*

## Make God's kingdom my purpose.

*"But seek first his kingdom and his righteousness, and all these things will be given to you as well." -Jesus, Matthew 6:33*

*Cast all your cares on God, for He cares for you. 1 Peter 5:7*

### For your LifeGroup and accountability partner...

*What has been giving you stress lately?*

*Read Jesus' words in Matthew 6:25-33, and 7:7-11.*

*What things do you see that pertain to our worries, concerns, and stresses?*

*Now look at Philippians 4:6-7 (famous part of the Bible). What is the process to peace that 'surpasses all understanding'?*

*How can I give thanks before the problem is solved?*

*Pray together about those things that stress you out.*