

REST FOR THE STRESSED-7

God's Antidote For Fearing The Future

"Surely goodness and mercy will follow me all the days of my life, and I will dwell in the house of the Lord forever." - Psalm 23:6

"My sheep listen to my voice; I know them, and they follow me. I give them eternal life, and they never perish; no one can snatch them out of my hand."
- John 10:27-28

"God has reserved for his children the priceless gift of eternal life; it is kept in heaven for you....And God, in his mighty power, will make sure that you get there safely to receive it because you are trusting him...So be truly glad!
- 1 Peter 1:4-6

A lot of people spend their lives worrying about tomorrow. Consequently, they never enjoy today. However, if the Lord is your Shepherd, you can face the future--not with a question mark--but with an exclamation point!

Welcome

If given a choice, how would you chose to die? How would you not want to die?

Worship

Read Psalm 23. Emphasize the confidence we have because of the all-sufficiency of Christ. Some songs to consider: "You Are My All In All" (484), "When Peace Like A River" (451), "I Know That My Redeemer Lives" (528), "It Is Well With My Soul" (490).

Word

1. Complete the following sentence: *In general, people worry too much about....*
2. *What is the source of the confidence expressed in verse 6? Consider as many reasons as you can. Do you share that same confidence about the future?*
3. *Was there ever a time--as a Christian--that you had doubts about your salvation or your walk with Christ? Explain.*
4. **Read John 10:27-29.** *According to this passage, what happens to sheep who know and follow the Good Shepherd? What other related passages come to mind (for instance, 1 Peter 1:4-6)?*
5. *What is involved for you to enjoy the kind of relationship with Jesus that is described in John 10?*

Works

Our groups are intended to serve as powerful avenues of maturity and ministry. At this point, spend some time during the next week and ask yourself two questions--first with yourself in mind, and then a second time with the group itself in mind. Come prepared to share your thoughts at the next group meeting. *How can I cooperate with the work God desires to do IN my life (or my group)? How can I cooperate with the work God desires to do THROUGH my life (or my group)?*