

The Gathering

BIBLE STUDY

Every Tuesday

JANUARY 10 - FEBRUARY 14, 2023

7:30 P.M.

Join us online via www.rayofhope.org,  **LIVE**, .

REV. DR. CYNTHIA L. HALE
SENIOR PASTOR

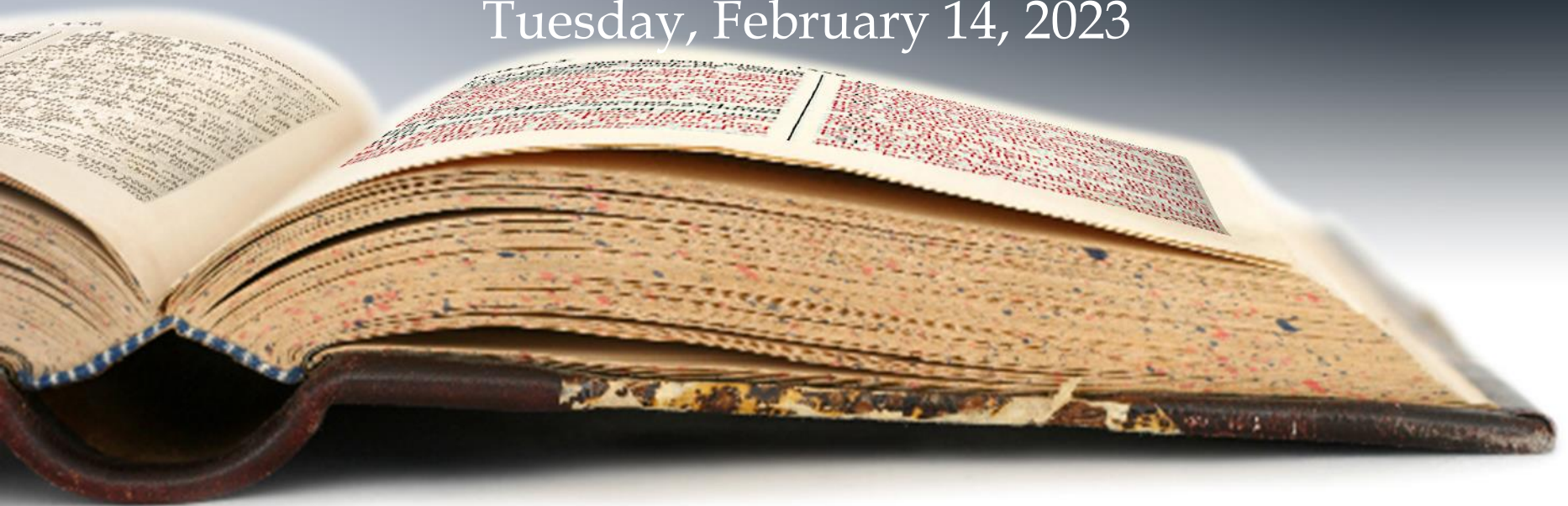


The Gathering

The Power to Choose

Choose to Trust God!

Rev. Dr. Cynthia L. Hale
Ray of Hope Christian Church
Tuesday, February 14, 2023



Matthew 6:25-34



Therefore, do not worry about tomorrow,
for tomorrow will worry about itself.
Each day has enough trouble of its own.

Matthew 6:34



I Choose to Trust God



Discussion:

So, what are you worried about?
What has you uptight or stressed out?
What situation or circumstance is
looming large before you in your future?



Mer-im-nah-oh which is “worry, anxiety, care.” The verb form of this word means to be “drawn in different directions, to be distracted, to be pulled apart.” The word “worry” suggests a preoccupation with things that cause anxiety, stress, and pressure.



Take no thought about your life,
what you will eat, drink or wear.



Don't worry.



Therefore, do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.



The word for trouble means
“adverse circumstances,
problems, hardships.”



Fear is
False
Evidence
Appearing
Real!



Fear focuses on what you can't control. Worry keeps you from doing what you can do today.

James McDonald



You cannot control
your health future.



What you can do today
is make healthy decisions
and choices for your life.



Discussion:

Are you doing the things that will keep you healthy and prevent sickness and disease?



You can't control
your family's future.



You cannot control
your financial future.



Discussion (Fill in the blank):

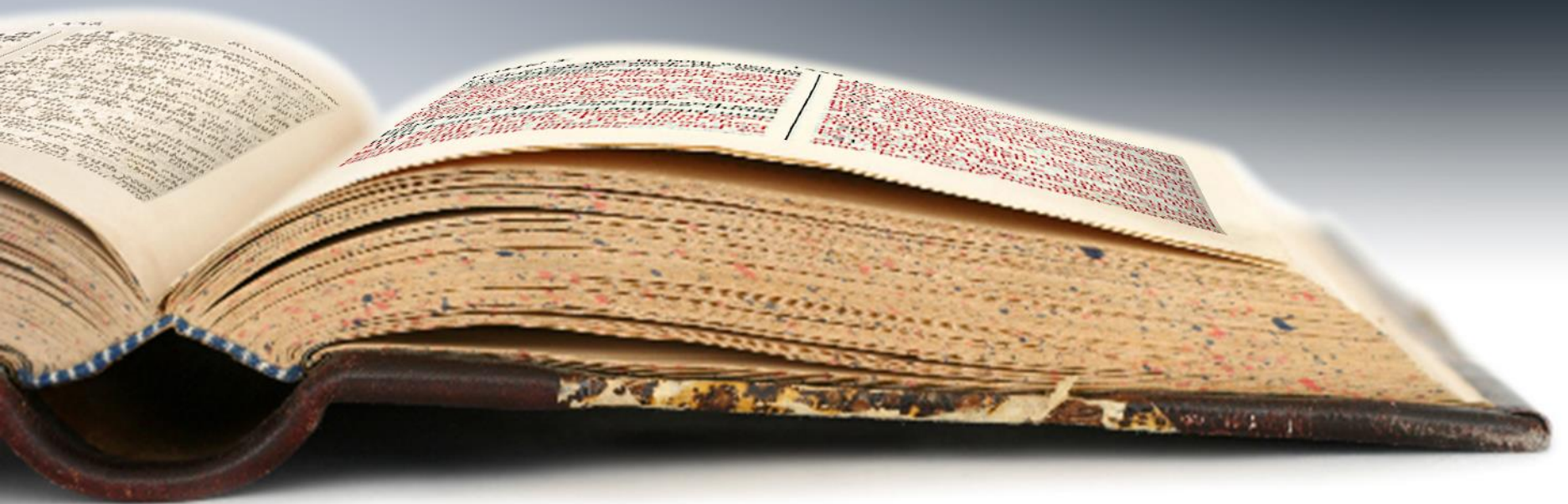
I can't control _____.

What I can do is _____.



The Serenity Prayer

God grant me the serenity to accept
the things I cannot change, courage
to change the things I can, and the
wisdom to know the difference.



News Flash! You will always have uncertainty in your life. There will always be trouble, adverse circumstances, problems, hardship, demands on your life.



You can choose to worry,
or you can choose to trust God.



The real cause of worry, anxiety and fear in our lives is a lack of faith in our lives or faith in the wrong things.



Jesus was always confronting
his disciples lack of faith.



- In Matthew 6:30b
- Matthew 14:31
- Matthew 16:8
- Matthew 17:20



God is saying to us,
you don't trust me.



Sometimes God has to teach
us how to trust him.



Matthew 8:23-27



Discussion:

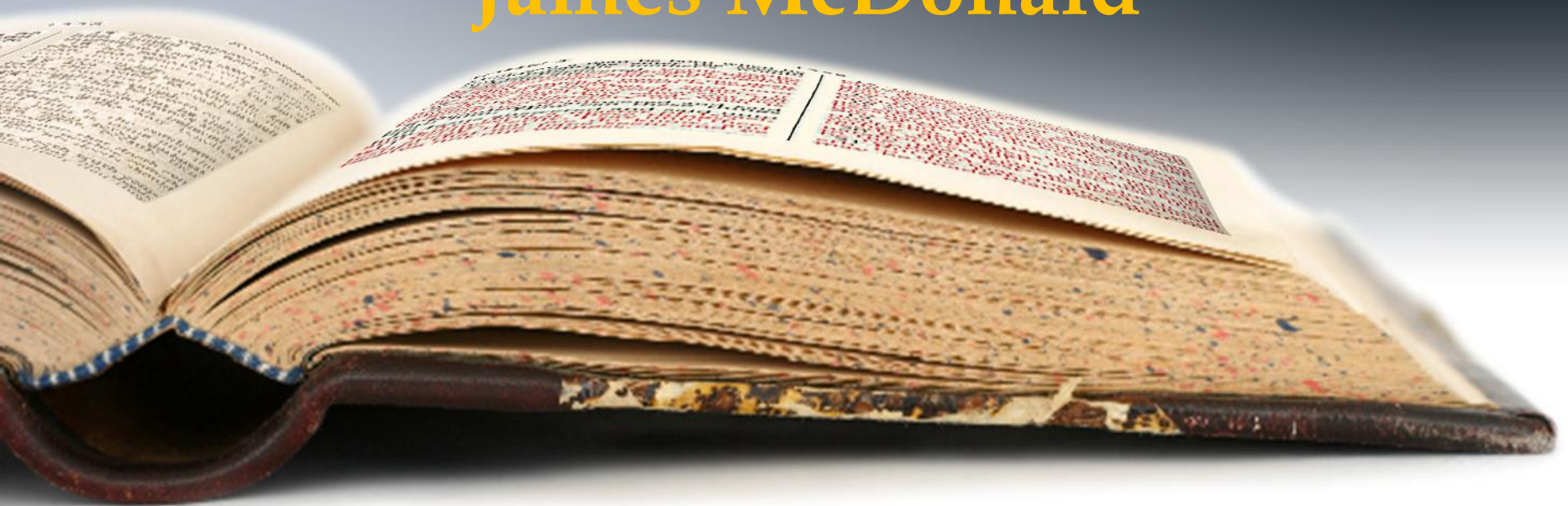
What is your default reaction -
fear or faith?

Do you trip or do you trust?



Sometimes Jesus disguises exciting opportunities for personal growth as difficult circumstances. We work hard to avoid trials at all costs, but Jesus sees the bigger picture.

James McDonald



Discussion:

What is Jesus trying to reveal about himself through your trial? Will you trust him when he delays rescuing, healing, helping you or fulfilling a promise that he has made to you?



Indeed, he who watches
over Israel will neither
slumber nor sleeps.

Psalm 121:4



Let's go over to the other side.

Mark 4:34

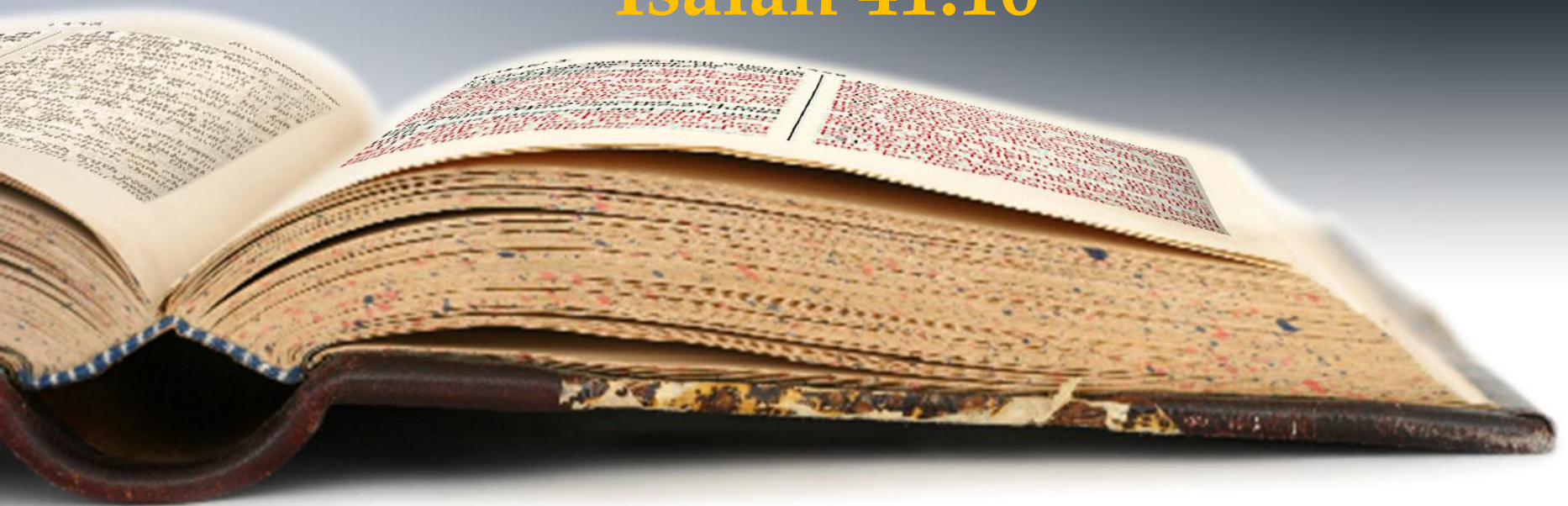


God has a promise for
every one of your problems.



So do not fear, for I am with you;
do not be dismayed, for I am your God.
I will strengthen you and help you;
I will uphold you with my
righteous right hand.

Isaiah 41:10



When you choose to trust God:

1. You acknowledge that you are fully aware of your situation, but you know that God sees and knows as well and is committed to you.



When you choose to trust God:

2. You choose to seek his kingdom and righteousness and grow in your relationship with him.



When you choose to trust God:

3. You choose to give your cares to him because you know he cares for you. I Peter 5:7



When you choose to trust God:

4. You choose to pray rather than be anxious. Philippians 4:6



When you choose to trust God:

5. You choose to believe his word and live it, no matter what it looks like. Romans 10:17



When you choose to trust God:

6. You choose to wait on God to fulfill his promise to you, no matter how hard it gets and how long it takes.



When you choose to trust God:

7. You receive his peace that transcends all understanding.

Philippians 4:7

