

Insomnia: I'm Afraid...of the Future

Hope Church – May 26/27 2018

Discussion Starter: It's been said that worry is interest paid on trouble before it's due. What are you worried about today? Think back to a big worry you were fretting over a year or more ago. Which was worse, the worry or what actually happened?

1. **Read Jeremiah 29:1-7.** Who was Jeremiah's letter written to? What had happened to them? Imagine for a moment that you are there too, what feelings would you be experiencing about the future? What did God command them to do in verse 7 and what does that teach us about dealing with fear?
2. **Read Jeremiah 29:10-14.** Most of the people who received Jeremiah's letter would probably not be alive in 70 years. God's promise in verse 11 could therefore seem callous, but our God is merciful. Reflecting on His mercy and grace, how does this reality change the way you understand verse 11? What place does fear have in this promise?
3. Many people fear the future because of their mortality. **Read 1 Timothy 1:7-10:** What did Jesus accomplish on the cross? How does this give you hope? "Timid" is a synonym for "fearful". When we are filled with the Holy Spirit, what does He give us instead of fear? When you are fearful about the future, what can you do to change your focus?
4. Another synonym for fear is worry. **Read Matthew 6:25-32.** What are the common worries about the future that Jesus describes here? What commands does Jesus give us in these verses? Do you think God is aware of your needs? As you look back on your life, how have you seen Him provide? Think back to your responses to the discussion starter, do these verses give you a different perspective, and if so, how?
5. **Read Matthew 6:33.** What is Jesus' prescription for worry about the future? How have you seen this at work in your own life? List a few ways you can put this into practice.
6. Read **Matthew 6:34** and then **John 16:33.** Jesus knows and acknowledges that we will experience trouble. What does He say about how we should and shouldn't respond to it? As you meditate on these verses together, is there any room for fear today or tomorrow?

Personal Application: Make a list of up to 5 things you that are causing you to worry or be fearful. **Read Romans 8:38-39.** Next to each worry or fear, write the specific promise from these verses that applies to your situation, giving thanks to God for His love in Jesus.