

Young believers learning to "Trust God" -

3/17/24

Trusting the Lord for support in the midst of stressful times

Phil. 4: 1 – 9

1) Introduction: We are living in a crazy world. While there have been times of more economic and social stress in history... at no other time, has this information been so quick to spread and be disseminated to our society.

2) Recent survey: May 2023 - **Nemours Kidshealth**

A new survey explores what's worrying America's children. It finds that 86% of school-aged kids reporting worrying at least some of the time.

3) Today's Passage: Phil. 4: 1 – 9

4) We all face the reality of worry: Life's challenges pushing us to being stressed out, afraid, anxious.....

*It's something Jesus spoke a lot about and encouraged the disciples to recognize that **God's aware of our needs and problems before we are.** (Matt. 6: 25- 34)*

- **What can test us?** Health concerns.....medical needs
- Financial challenges..... inflation along with loss of income... -Uncertainty about tomorrow....
 - o will I have enough to retire
 - o what's going to happen with the elections
 - o where is the economy going
 - o What's Russian going to do?
- What's our communities going to look like in 5 years
- Having a job, being able to stay in business
- Welfare of my family/ children

5) Couple Facts that will never change:

6) Two stories - Mark 4: 35 – 41/ Mark 6: 45- 52

What can we learn from these two stories:

7) Conclusion:

a) **definition of worry:** Giving way to anxiety, allowing ones mind to dwell on negative thoughts about life's problems.

Paul simply says. **STOP WORRYING!!**

Paul says.... No No... instead pray!! Cry out for the one who can calm the waves!! Have faith in God