



## **Message Reflections**

July 23, 2023

“If I allow my concern about the future to cripple me in the present,  
I am guilty of worry.” -- Dr. Martyn Lloyd-Jones

When we worry about things, we are reaching for a power which God does not give us. In moments when we are tempted to be anxious, we must remember that we are called to bring our anxiety to the Lord, because He alone is more than able to care for us.

### **Read Psalm 37.**

- **Re-read Psalm 37:4-5; 23.** These verses talk about God guiding those who follow Him or delight in Him. Has there been a time you've been frustrated with God because He wasn't giving you what you wanted? How did it get resolved?
- What has been your biggest struggle when it comes to worrying about material things? How has God been working in your life to help you trust Him more?

Use the following poem by Rebekah Lyons as a way to continue to reflect on how God meets us in times of anxiety.

## **SURRENDER**

*Surrender changes everything.  
But we can't choose surrender.  
It chooses us.  
It finds us and meets us in our pain.  
When we are at our lowest point.  
Our weariness. Our longing.  
It enters in when we have run out of  
our own strength.*

*When we start to believe that things  
may never actually change.  
That our lives don't really matter...  
And we break.*

*How could it be?  
How could a good God create a life  
that doesn't matter?  
So we cry out, and we ask for rescue.  
Because somewhere deep down we know  
we are missing it.  
Our own attempts have failed us.  
This life we have orchestrated falls flat  
and leaves us lying in a corner,  
huddled in despair in those dark hours  
of the early morning.*

*Then we see it. The crack of sunrise.  
Just a glow on the horizon.  
Pink and orange starting to rise and  
create a hue that colors the sky.  
It's God whispering: I am here. I am true.  
I am strength.  
I love you as you are. Broken and  
fragmented. Let Me carry you.  
Let Me show you a life you never dreamed  
or imagined.  
Let Me take you on a journey so marvelous  
you point back to Me.  
Let Me rename you.  
Let Me bring you back to your truest self.  
The way I ordered you from the beginning.*

*All this, for My glory.*

### **Read Philippians 4:4-9.**

- When you feel anxious or depressed what do you do to feel better? What would it look like for you to use prayer and your mind to fight for joy or peace like Paul is describing?

**Set aside some time for prayer.** Allow God to search your heart for the things you are holding on to that are bringing you anxiety. Lay each one down before Him in prayer, asking the Holy Spirit to help you trust God with them and give you peace. Stay in the quiet after you surrender your anxiety, in order to rest in His peace and listen for what God may reveal to you.