

Walk This Way - Part 5

Walk In Peace

The number one negative emotion, according to surveys, is fear. Here are a few examples of why fear and worry are so prevalent in our society:

- It's how we are wired
- Emotional and physical tiredness
- Disconnect from God and community
- Sin creating a place for guilt and shame
- Wrong thinking - dwelling on negative things
- Wrong output - saying negative things
- Habitual worrying
- The fact that we face an adversary
- Legitimate concerns

Fear is predominantly about the future; it may have its root in the past, but it is primarily about the uncertainty of what is to come.

Read: Isaiah 26:3

"You will keep him in perfect peace, Whose mind is stayed on You, Because he trusts in You."

Reflect

What triggers fear in your life? How do you combat those fears and walk in peace?

A follower of Christ needs to know these facts about their future:

- We will never face the future alone - Hebrews 13:5
- We don't have to figure out the future - Hebrews 4:13

Two Undeniable Facts About God:

- He knows everything - Hebrews 4:13
- He has a plan - Jeremiah 29:11

Reflect

Take time to think about these four facts. Do any of them especially help you walk in peace?

What's Our Role?

- We have to trust Him - Proverbs 3:5,6

God gives us every resource we need to walk in peace:

- God will supply our needs - Philippians 4:19
- God will deliver us - 2 Timothy 4:18
- God will empower us - Ephesians 3:20

Read: Philippians 4:13

"I can do all things through Christ who gives me strength."

Summary

We are told not to worry about the future. Sometimes that is easier said than done, but when we concentrate on who God is and His promises we can walk in peace. Our only role is to trust Him and rely on His resources for our future.

Prayer

Make time to pray for one another before you dismiss your group.