

ANGER

UNWORTHY

INSECURE

GUILT

HOPELESS

EXCITED

JOY

HAPPY

UNCERTAIN

SADNESS

FEAR

EMBARRASSED

DEPRESSED

DISGUST

WORRY

FED UP

HOPEFUL

LONELY

TIRED

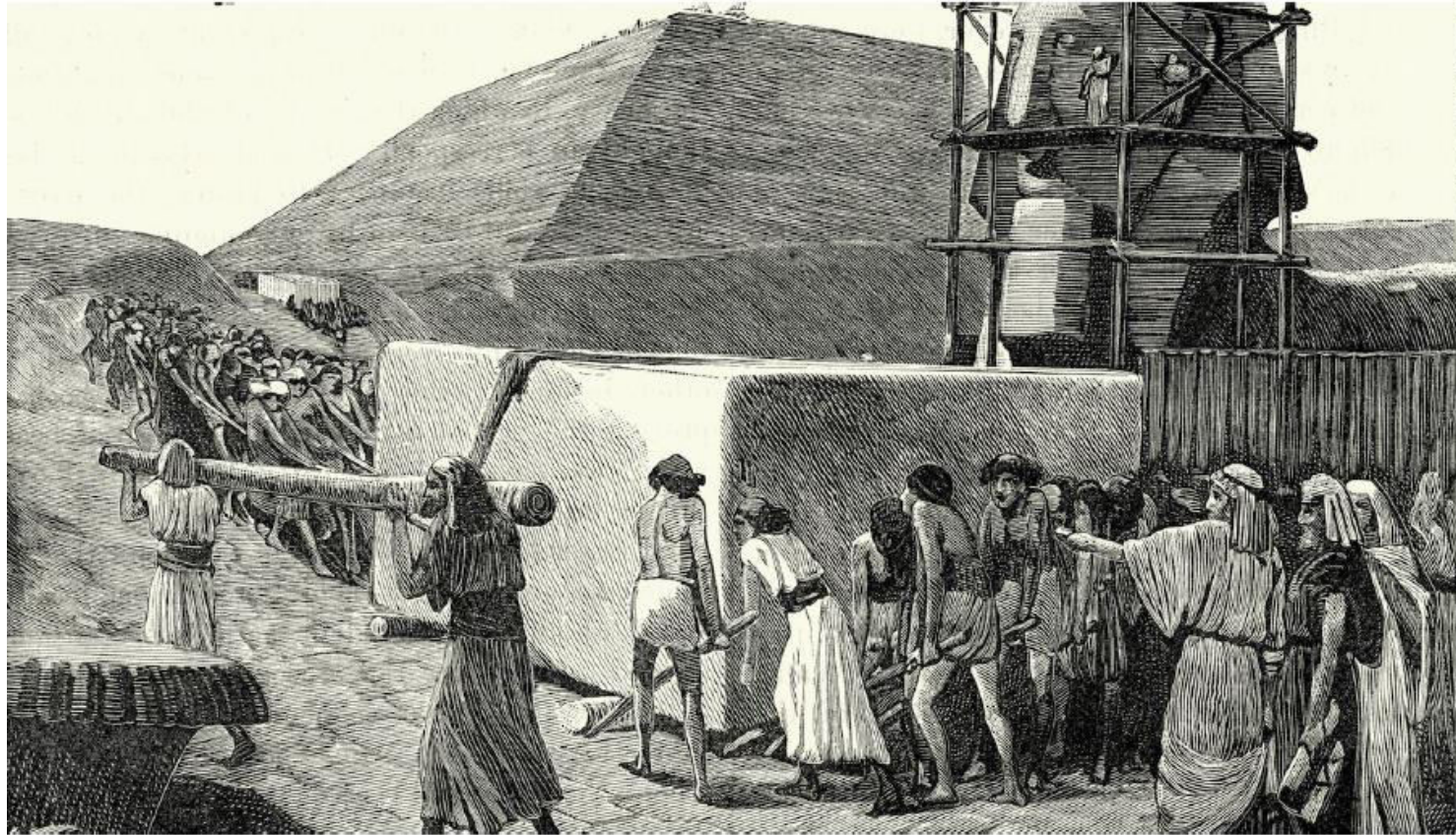
SHAME

ANXIOUS



https://www.youtube.com/watch?v=1S0RKRRyqhQ&ab_channel=StuffsThatMatters

cries of distress...

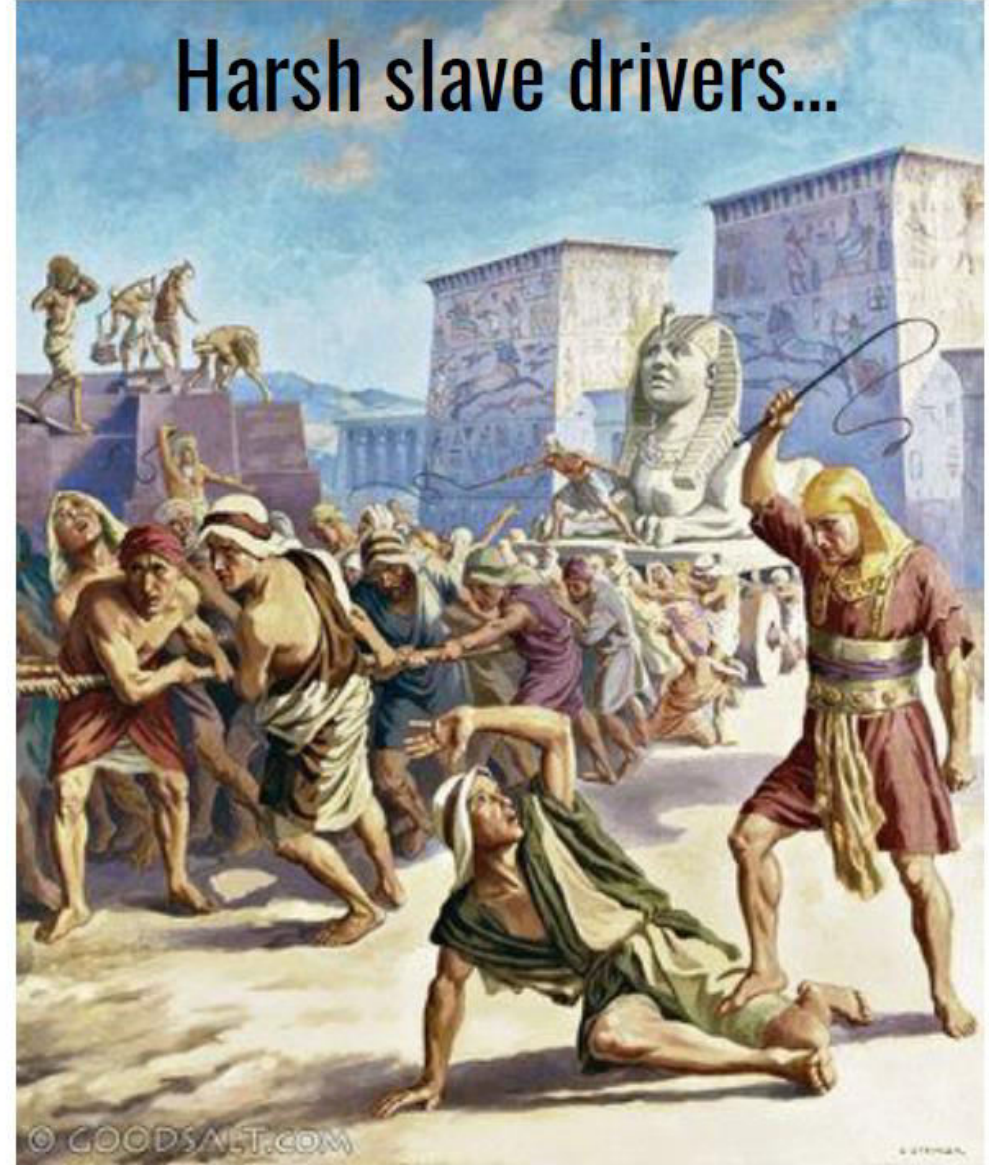


oppression

suffering

crushing labour

Harsh slave drivers...



without mercy...

...ruthless

*In Egypt we sat around pots filled with meat and
ate all the bread we wanted...*

If only God had killed us back in Egypt...



...no food

Where are you God?

*...God has brought us into this wilderness
to starve us all to death*

...no water



...no home

NEGATIVE RESPONSE = ISRAELITES



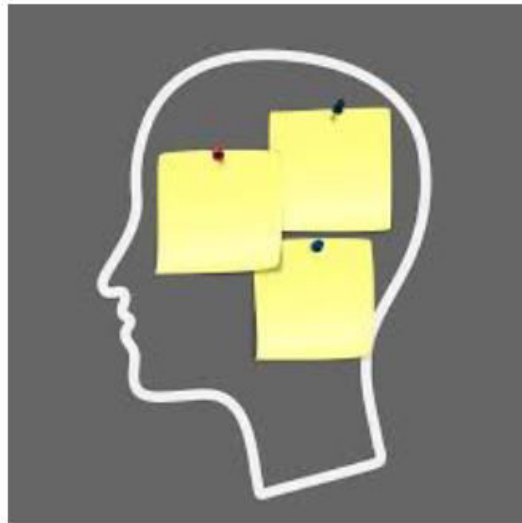
We cannot control how we feel **BUT...**

We **CAN** talk to God and we **CAN** control:

1. What we believe



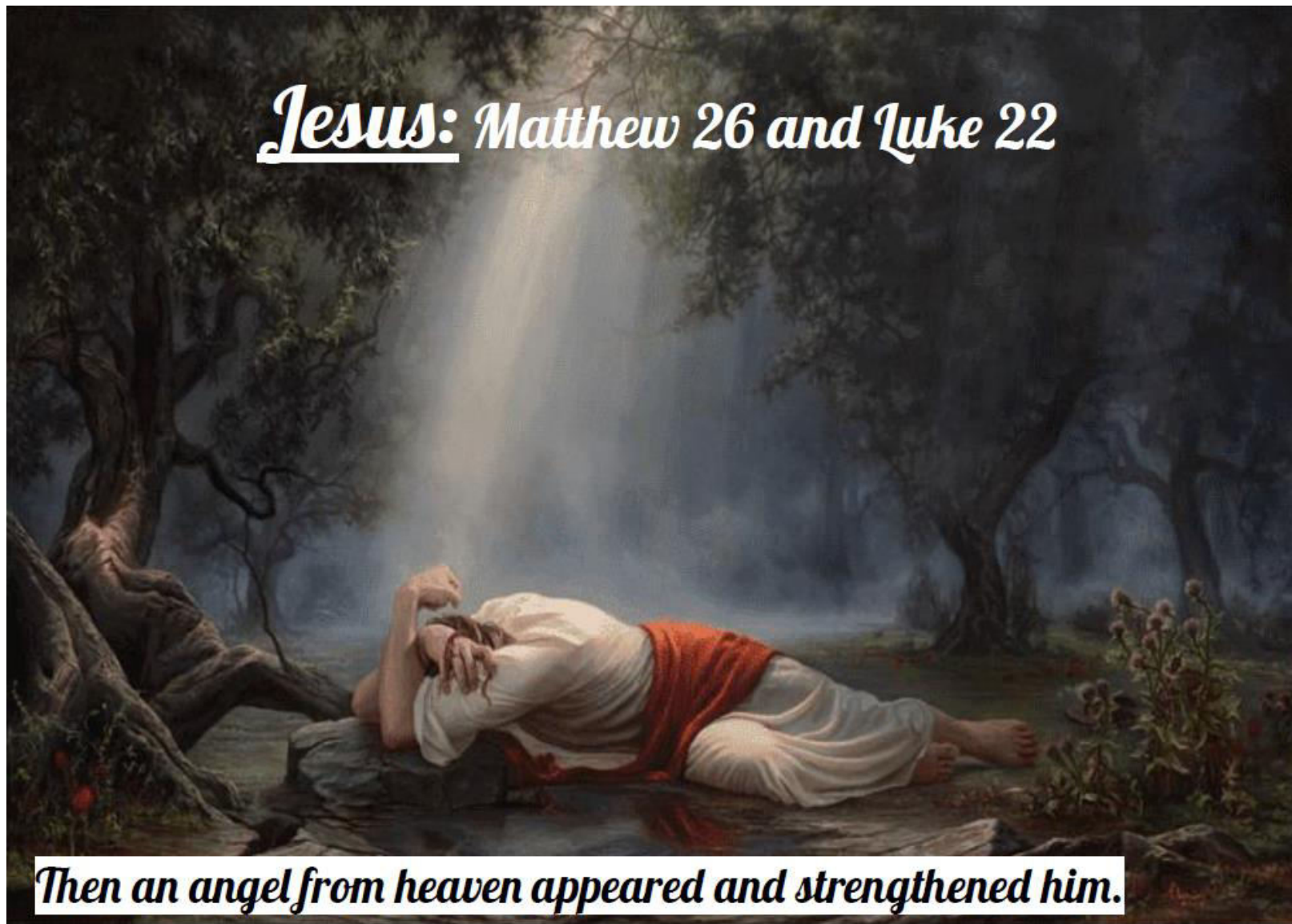
2. What we remember



3. Our response



Jesus: Matthew 26 and Luke 22



Then an angel from heaven appeared and strengthened him.

He prayed more fervently, and he was in such agony of spirit that his sweat fell to the ground like great drops of blood.

“My soul is crushed with grief to the point of death...”

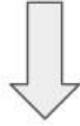
He bowed with his face to the ground, praying, “My Father! If it is possible, let this cup of suffering be taken away from me. Yet I want your will to be done, not mine.”

Then Jesus, a second time and prayed, “My Father! If this cup cannot be taken away unless I drink it, your will be done.”

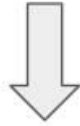
So he went to pray a third time, saying the same things again.

POSITIVE RESPONSE = JESUS

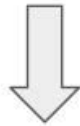
Something happens...



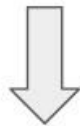
We feel scared/worried/angry/
lonely/hopeless...



We talk to God



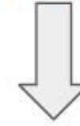
Remember the good things God
has done



Trust God and believe truth about ourselves
and God



Jesus realised that very soon he was going
experience suffering and death



Overwhelmed, grief-stricken, crushed
spirit



Please take this away if possible



God has given me authority over
everyone (John 17)



I have completed the work you gave me, now
bring me into the glory we shared before the
world began (John 17)

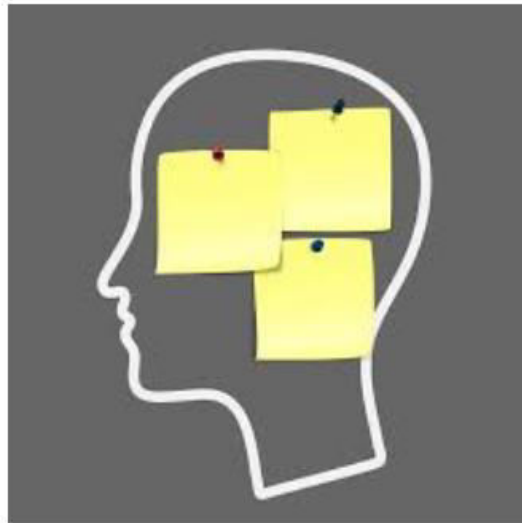
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Google worry + bible

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Worry in the Bible

"Cast all your **anxiety** on him because he cares for you." ... "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." 31 Mar 2020

<https://www.countryliving.com/life/21-comforting-...>

21 Comforting Bible Verses About Worry - Country Living ...



Truth vs Lie

- Write out lie and truth to combat then say it out loud

Read the Bible

- audio,***
- reading plan,***
- Bible buddy***



Pray

- alone***
- prayer partner***

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Psalm 43:5

Why am I discouraged?

Why is my heart so sad?

I will put my hope in God!

I will praise him again—

my Savior and my God!