

Lesson Notes:

### **During Difficult Times**

It is easy to get caught up in the challenges we face on a daily basis and start to worry. God does not intend for us to live a life full of worry but to trust in him to live abundantly. Following are examples of scripture that encourage us to place our trust in God and not worry about the things of this world.

### **Scriptural Principles**

- 1) **We have nothing to fear** – **Hebrews 13:5-6** tells us that the Lord is our helper and we shall not fear what man may do to us. In **Romans 8:30-32** Paul tells us that if God be for us who can be against us.
- 2) **God is our rock and our fortress** – David tells us in **Psalm 31:1-5** to put our trust in the Lord that he is our rock and fortress. Asaph tells us in **Psalm 73:24-28** that God is our guide and shelter. With God as our guide, fortress and shelter we have nothing to fear.
- 3) **God is our guide for our entire life** – In **Psalm 48:12-14** the sons of Korah tell us that God is our guide for life.
- 4) **We shouldn't be stubborn in following God's word.** - David tells us in **Psalm 32:8-9** don't be a stubborn mule.
- 5) **We need to be content in what God has provided for us.** – Paul tells this to Timothy in **1 Timothy 6:6-8**
- 6) **In the book of Luke Jesus tells us not to worry over the basics that our Father in Heaven knows our needs.** - **Luke 12:22-24; Luke 12:29-31.**
- 7) **Jesus tells us in John 3:16 – 17 that God loves us so much that he gave his only son for us.** - If we have a God willing to give us his only son how can we spend time worrying? – **John 3:16-17.**
- 8) **David tells us in the 29<sup>th</sup> Psalm that God gives us strength and peace** – **Psalm 29:11**
- 9) **David said it best in the 23rd Psalm** – **Psalm 23**