



## For when you fear what the future holds

### Gather:

Consider incorporating these questions into your check-in time to help your group start thinking about this week's topic.

If you could make a 20 second phone call to yourself at any point in your life present or future, when would you call and what would you say?

How do you hope you'll change as a person in the future?

What irrational fears do you have?

### Reflect:

We may encounter God through his Word, but also through the words of others. Invite the Spirit to help you encounter God as you read the following poem together. Note scriptural themes and movements of the Spirit as you consider this week's topic.

### Hearts at Rest (Paul David Tripp)\*

I would like to say  
that  
my heart is at rest,  
but I can't.  
I would like to think  
that  
I always rest in God's care,  
but I don't.  
I would love to declare  
that  
my faith is unwavering,  
but it isn't.  
I wish it was a fact  
that  
fear is a thing of my past,  
but it simply isn't.  
It would be nice to know  
that  
trust's struggle is over,

but it isn't.  
I wish I never wanted  
to be  
my own sovereign,  
but I do.  
I want to have unbroken rest  
in  
the hand of God's love,  
but I don't.  
I long to face difficulty  
without  
question or doubt,  
but I don't.  
I do not want to  
re-question  
my Father's love,  
but I do.  
I wish I never questioned  
the

Lord's good plan,  
but I do.  
The struggle is better  
than  
it once was,  
but not done.  
My rest is more consistent  
than  
it used to be,  
but not complete.  
My heart enjoys a greater  
ease  
than  
in earlier days of faith,  
but unrest comes.  
I have lived with you  
and  
seen your care,  
but questions come.  
I have seen you do  
what  
I could not have conceived,  
but still I doubt.  
I have been in awe  
of  
the provisions of your grace,  
but anxiety comes.

I have submitted myself  
to  
your will and way,  
but still I rebel.  
So with rest in your forgiveness  
and  
confidence in your power,  
I come.  
With a needy heart  
that  
craves your help,  
I pray:  
"Help me, Father, today  
to  
let go of my need  
to always understand.  
Enable me to live in rest  
when  
I don't know  
what will happen.  
Help me to have a restful heart  
when  
opposition is great,  
and all I have is you."

### Connect:

Choose one or more of the following scriptures to read together. How is reading these scriptures the same or different from reading the poem? How is God reflected differently or similarly?

Psalm 37

## Respond:

Take time together to think about how you have encountered God in community, the words of others, and in scripture. Consider the following questions or activities to conclude your time together.

What fears make it hard to rest on God?

Where have you seen God's provision in the past?

How do you respond to fear?

## Prayer:

Close your time in prayer for each other. Consider asking each person to write down their prayer requests on a 3x5 card and switch them with someone else in the group. Pray for each other throughout the week.

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