**Elder Berry Ross. October 9, 2022**

**The Undeniable Comfort Of God**

Psalm 94:16-19

**Key Truth**: Extreme anxiety can cause us to seek relief in many forms. However, many of those forms can do more harm than good. There is one way that is proven to be the absolute most effective relief.

1. The struggles of anxiety.

A. Believing you are suffering alone.

B. Seeking comfort in the wrong places.

C. Not realizing hope is closer than you think.

2. God’s comfort is the remedy for anxiety.

A. Tell God all about your troubles. Philippians 4:6-7

B. God is always available.

C. Trust and believe He will comfort you.

3. God’s presence will strengthen your soul.

A. There is nothing like the protection of God.

B. He will not allow you to drown in despair.

C. He will uphold you even when you are weak.

**Taking It Beyond The Walls:** Trust and believe that God is faithful to comfort you. Pray and ask Jesus to heal and protect your soul today.

**Connection Group Study Questions:**

Looking back at your notes, was there anything that particularly caught your attention, challenged, or confused you?

Is there any specific situation that causes your mind to race, either with anxiety, fear, or thoughts of the worst?

Are there times when you want to jump ahead in time and just know how things are going to work out?

Do you remember a time where you felt as though the Lord had abandoned you?

Read Philippians 4:6-7: If the Bible says, “do not worry about anything,” what does that tell us about worry?

Why do you think Paul prefaced the command to not be anxious in verse 6 with the command to “rejoice in the Lord” in verse 4? How might rejoicing in God help us combat the worry that plagues us?

Read Matthew 6:24-27: According to these verses, what are three specific reasons Jesus gives us for not worrying about the basic provisions of life?

Read Psalm 55:22: What are some practical ways we can cast our anxieties on God?

What do you need prayer for this week?