

Home for Christmas

Anxious and Overwhelmed (Week 1)

LifeNotes

TALK IT OVER

Main Ideas

Christmas brings home the truth that by faith, we can exchange anxiety and stress for peace and joy.

Key Scriptures

And you will know the truth, and the truth will set you free. John 8:32

God sent the angel Gabriel to Nazareth, a village in Galilee, to a virgin named Mary. She was engaged to be married to a man named Joseph, a descendant of King David. Gabriel appeared to her and said, "Greetings, favored woman! The Lord is with you!" Confused and disturbed, Mary tried to think what the angel could mean. "Don't be afraid, Mary," the angel told her, "for you have found favor with God!" Luke 1:26-30

Mary asked the angel, "But who can this happen? I am a virgin?" The angel replied, "The Holy Spirit will come upon you, and the power of the Most High will overshadow you. So the baby to be born will be holy, and he will be called the Son of God." Luke 1:34-35

Mary responded, "I am the Lord's servant. May everything you have said about me come true." And then the angel left her. Luke 1:38

Often we push aside the hard truth in exchange for the easy lie.

By faith we can:

- Trust in God.

The Lord is a shelter for the oppressed, a refuge in times of trouble. Psalms 9:9

- Believe in miracles.

Now all glory to God, who is able, through his mighty power at work within us, to accomplish infinitely more than we might ask or think. Ephesians 3:20

- Experience Peace and Joy.

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. John 14:27

I have told you this so that my joy may be in you and that your joy may be complete. John 15:11

Start talking.

- What are some silly "easy lies" we often believe?
- What are the "easy lies" that anxiety and stress want you to believe?

Start thinking.

- Read the Key Scriptures. What were the "easy lies" Mary could have chosen to believe about her circumstance?
- Read vs. 38. How does a simple teenage young woman have that kind of response?

Start sharing.

- What are you anxious about?
- Why are painful lies sometimes easier to believe than truth?

Start doing.

- Which of the three "By faith" statements do you need most to lean toward?
- How can you choose by faith to receive Jesus' Peace and Joy?

Closing prayer.

Jesus you are Lord of Lords and King of Kings! You Lord are the lover and sustainer of my soul. Help me Jesus to trust you more and more. To believe in your miraculous power; and to choose to receive your Peace and Joy. God there is so much anxiety and stress swirling around me. Help me, by faith, to make you my shelter and hope.