



# TOSSING AND TURNING

February 7, 2021

Next Steps: Future

## **OPENING PRAYER:**

God of time and space, we invite you into this place. We invite you into our dialogue and into our presence. We open our hearts, minds and doors to your presence as we engage in conversation. Amen.

*Look not mournfully into the past, it comes not back again. Wisely improve the present, it is thine. Go forth to meet the shadowy future without fear and with a courageous heart.* Modified from Henry Wadsworth Longfellow

## **BREAKING THE ICE:**

How often do you try and plan out your future? When was the last time you just trusted that God would take care of the future?

## **WRESTLING WITH THE WORD:**

**Read** Isaiah 41: 10-13 and Matthew 6: 25-34

- What assurance does God give the people in the Isaiah passage?
- What are the reasons given in both scripture passages that the people should place their trust in God?
- How do you feel knowing that God is providing you with strength, help and holding you up?

## **NEXT STEPS:**

- What are some things you need to give up in order to fully trust that “God has a plan”?
- When you hear that you’re not to worry in this passage, how do you feel?
- What is one way that you can seek after God’s presence in the midst of worrying about the future?

## **CLOSING PRAYER:**

God, you are a God of strength, help and perseverance. May we be a people that go through this week knowing that you are already going ahead of us. May we be comforted this week no matter what we are going through. May we place control of our future in your hands. Amen.