

DANGER #1: "What IF....."**My Life**

Which of the following types of fears do you have? Which is your greatest fear?

- | | |
|---|---|
| <input type="checkbox"/> Natural Disaster | <input type="checkbox"/> Money/finances |
| <input type="checkbox"/> Marriage | <input type="checkbox"/> Children/grandchildren |
| <input type="checkbox"/> Singleness | <input type="checkbox"/> Widowhood |
| <input type="checkbox"/> Old age | <input type="checkbox"/> Illness/suffering |
| <input type="checkbox"/> Death | <input type="checkbox"/> Others: _____ |

What "What if...." thought do you think most often?

God's Truth

Read Joshua 1:9; Psalm 46:1-2; 2 Corinthians 12:9; Hebrews 13:5-6.

What truths in these passages answer your specific fears?

What do these passages focus our thoughts upon?

How is that a key to handling the "what if's...."?

My Response

How can thinking and meditating on "whatever things are true" as Philippians 4:8 commands, help you deal with your fears?

DANGER #2: "IF ONLY....."**My Life**

What "if only..." thought do you have about the past? Or about the present?

Do you agree with the following? Why or why not?

"If only..." is no longer real.

"If only..." breeds remorse and regret.

"If only..." fails to acknowledge God's presence and involvement in your past.

"If only..." impedes forward progress.

God's Truth

What do the following Scriptures teach you about your past?

2 Corinthians 5:17

Romans 8:28-29

Ephesians 2:10

My Response

1. Remember the Command
2. Respond in Obedience—taking every "if" thought captive to the obedience of Christ
3. Reap the Benefits