

SWEET DREAMS

Defeating the Monsters that Keep You Up at Night

Facing the Fears That Paralyze Us

May 22, 2016

¹⁷ I love those who love me, and those who seek me find me. ¹⁸ With me are riches and honor, enduring wealth and prosperity. ¹⁹ My fruit is better than fine gold; what I yield surpasses choice silver. ²⁰ I walk in the way of righteousness, along the paths of justice, ²¹ bestowing a rich inheritance on those who love me and making their treasuries full.

Proverbs 8:17-21 (NIV) emphasis added

√ **God's will is not an elusive _____ in the _____, but a practical _____ to embrace _____.**

²⁵ "That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn't life more than food, and your body more than clothing? ²⁶ Look at the birds. They don't plant or harvest or store food in barns, for your heavenly Father feeds them. And aren't you far more valuable to him than they are? ²⁷ Can all your worries add a single moment to your life? ²⁸ "And why worry about your clothing? Look at the lilies of the field and how they grow. They don't work or make their clothing, ²⁹ yet Solomon in all his glory was not dressed as beautifully as they are. ³⁰ And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith? ³¹ "So don't worry about these things, saying, 'What will we eat? What will we drink? What will we wear?' ³² These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs."

Matthew 25-32 (NLT) emphasis added

PARALYZING FEAR = Living out the _____ before it _____.

³³ "Steep your life in God-reality, God-initiative, God-provisions. Don't worry about missing out. You'll find all your everyday human concerns will be met. ³⁴ Give your entire attention to what God is doing right now, and don't get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes.

Matthew 6:33-34 (MSG)

FACING THE FEARS THAT PARALYZE US:

1. GRASP GOD'S PRIMARY _____ FOR YOU: LESS WHAT YOU _____; MORE WHAT YOU _____.

¹⁸ And we all, who with unveiled faces contemplate the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit.

2 Corinthians 3:18 (NIV) emphasis added

2. NEVER WORRY _____.

¹⁷ A friend loves at all times. He is there to help when trouble comes.

Proverbs 17:17 (NIRV)

√ _____ and _____ are both highly contagious.

3. UNDERSTAND THE _____ DOESN'T START WHEN YOU _____.

⁵ God called the light "day," and the darkness he called "night." And there was evening, and there was morning—the first day.

Genesis 1:5 (NIV)

¹⁴ So one night the king of Aram sent a great army with many chariots and horses to surround the city. ¹⁵ When the servant of the man of God got up early the next morning and went outside, there were troops, horses, and chariots everywhere. "Oh, sir, what will we do now?" the young man cried to Elisha. ¹⁶ "Don't be afraid!" Elisha told him. "For there are more on our side than on theirs!" ¹⁷ Then Elisha prayed, "O LORD, open his eyes and let him see!" The LORD opened the young man's eyes, and when he looked up, he saw that the hillside around Elisha was filled with horses and chariots of fire.

2 Kings 6:14-17 (NLT) emphasis added

√ **The _____ overpowers what _____ you.**

³ He will not let you stumble; the one who watches over you will not slumber.

⁴ Indeed, he who watches over Israel never slumbers or sleeps. ⁵ The LORD himself watches over you! The LORD stands beside you as your protective shade.

⁶ The sun will not harm you by day, nor the moon at night. ⁷ The LORD keeps you from all harm and watches over your life. ⁸ The LORD keeps watch over you as you come and go, both now and forever.

Psalms 121:3-8 (NLT)

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