

Alive Again
How To Start Trusting Jesus with Outcomes

1. _____
Hebrews 4:16 *So let us come boldly to the throne of our gracious God. There we will receive His mercy and we will find grace to help us when we need it most.*

Psalms 112:7 *The do not fear bad news – they confidently trust the LORD to care for them*

Psalm 23

2. In every storm, _____

Step 1: _____ you are trying to control

Key: I can't be happy until...

Step 2: _____ that person or situation to Jesus
"Jesus, I'm not in control of _____ and when I try to control it, I only add stress and anxiety to my life. Please forgive me. I'm giving this situation to you. I'm putting my trust in you. Your will be done not mine. I release this outcome to you."

What's mine to do and what is God's to do?

Step 3: _____: Grace is _____

- Grace is power to change _____
- Grace is power to change _____

Key: What would you like to refine in me during this? Teach me.

Step 4: Remember you will see _____

- Thank Him _____
- Thank Him that He _____

Isaiah 41:13 *For I am the Lord your God who takes hold of your right hand and says, "Do not fear; I will help you."*

With every fresh trial...faith either increases by trusting God and getting help or it decreases by not trusting him. George Mueller

Psalm 23: What do you believe?

1. **"The Lord is my shepherd."** Do I believe God is actively guiding, protecting, and watching over me with competence and attentiveness?
2. **"I have all that I need."** Do I believe God provides enough for this moment and can take care of all my needs?
3. **"He lets me rest in green meadows."** Do I believe God wants rest for me and leads me to places where rest is possible?
4. **"He leads me beside peaceful streams."** Sheep cannot drink from rushing water; they'll panic or drown. I believe God knows my vulnerabilities so well that He leads me to places where I can safely receive what I need and he never asks me to drink from waters that would overwhelm me?
5. **"He renews my strength."** Do I believe God can restore what life and people have taken from me?
6. **"He guides me along right paths."** Do I believe God is guiding my decisions with wisdom that sees farther than I can?
8. **"Even when I walk through the darkest valley..."** Do I believe God is present with me in times of fear, grief, and uncertainty?
9. **"I will not be afraid."** Do I believe I can live without fear in this world?
10. **"You are close beside me."** Do I believe God is with me and not distant or indifferent?
11. **"Your rod and your staff protect and comfort me."** Do I believe God's correction is an expression of care, not punishment?
12. **"You prepare a feast for me in the presence of my enemies."** Do I believe God can bless me even in hostile or unfair circumstances?
13. **"You honor me by anointing my head with oil."** Do I believe God delights in me and sets me apart for good purposes?
14. **"My cup overflows with blessings."** Do I believe God's generosity toward me is abundant, not minimal?
15. **"Surely your goodness and unfailing love will pursue me."** Do I believe God's goodness is actively chasing me, not occasionally visiting me?
16. **"All the days of my life."** Do I believe God's care is consistent — not seasonal or conditional?
17. **"I will live in the house of the Lord forever."** Do I believe my future with God is secure and unshakeable?

What does my current anxiety reveal that I am struggling to believe about my Shepherd?