



4 WEEK REVIEW

ASCEND STUDENT MINISTRIES



OCTOBER 4, 2023






YOUTH, OBEY YOUR PARENTS!

AUGUST 30, 2023

Proverbs 1:7-8: The fear of the LORD is the beginning of knowledge, but fools despise wisdom and instruction. Listen, my son, to your father's instruction and do not forsake your mother's teaching.

Ephesians 6:1-3: Children, obey your parents [in the Lord], for this is right. "Honor your father and mother." This is the first commandment with a promise, "that it may go well with you and that you may have a long life on earth."







HOW TO HANDLE WORRY AND ANXIETY BY FAITH - PART 1

SEPTEMBER 13, 2023

Philippians 4:4-7: Rejoice in the Lord always. Again I will say, rejoice! Let your gentleness be known to all men. The Lord is at hand. Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.






HOW TO DEAL WITH ANXIETY, WORRY AND STRESS - PART 2

SEPTEMBER 20, 2023

1 Peter 5:5-8: Likewise you younger people, submit yourselves to your elders. Yes, all of you be submissive to one another and be clothed with humility for God resists the proud but gives grace to the humble. Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, casting all your care upon Him, for He cares for you. Be sober, be vigilant, because your adversary the devil walks about like a roaring lion, seeking whom he may devour.







HOW TO OVERCOME WORRY AND ANXIETY - PART 3

SEPTEMBER 27, 2023



Matthew 6:25-34: "Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? Which of you by worrying can add one cubit to his stature? "So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; and yet I say to you that even Solomon in all his glory was not arrayed like one of these."



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Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith? “Therefore do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. But seek first the kingdom of God and His righteousness, and all these things shall be added to you. Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.





FOR BOTH

“Do not consider his appearance or his height, for I have rejected him. The LORD does not look at the things people look at. People look at the outward appearance, but the LORD looks at the heart.” 1 Samuel 16:7

FOR LADIES

“Charm is deceptive, and beauty is fleeting; but a woman who fears the Lord is to be praised.” Proverbs 31:30

FOR GUYS



“But as for you, O man of God, flee these things. Pursue righteousness, godliness, faith, love, steadfastness, gentleness.”
1 Timothy 6:11



PERSONAL APPLICATION

In what areas of my life and in what situations do I tend to have an anxious in and cross into unhealthy anxiety? In what areas of my life do I tend to shut down and avoid so that I don't experience any anxiety?

How can I trust God in these areas?

What is God asking me to do in these verses?

What is God wanting me to know in these verses and trust Him for?

What does God promise in these verses if I trust Him?

If I am not trusting God in these areas of my life, whom or in what am I trusting instead?

