



LEADER DEVOTIONAL

While standing in my bedroom, on a visit home during my first year of college, I felt my chest begin to tighten, my breathing become labored, and the room begin to spin. I collapsed to the floor in terror of what was happening to me. This was the first time that I experienced a panic attack. For years my battle with anxiety was a daily one. And even these days the monster rears its ugly head every now and again. But it was in those times that I learned a few things. First, we can only be anxious about things that have not happened yet. And second, the treatment for anxiety is trust and hope in our God through prayer. As Paul puts it in Philippians 4:6, “Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.” In his book titled *Prayer*, Tim Keller puts it this way:

“We are to trust in him (God) even when things are not going as we wish them to go. This was Jesus’ ‘law’ for prayer...because all who pray must say, ‘Thy will be done.’ One of the purposes of prayer is to bring our hearts to trust in his wisdom, not in our own. It is to leave all our needs and desires in his hands in a way that is possible only through prayer. That transaction brings a comfort and rest that nothing else can bring.”

What are you fearing these days? What robs you of sleep and puts you on edge? Humbly bring these things to God. And when you do, you can have hope and confidence that He will come through every time. Every time, our Heavenly Father, who cares more for you than you can possibly imagine, will show up and will meet your needs, no matter the circumstance.

John Garrison
GO! Contributor

Sunday Check-In

Sunday morning check-in to build connection, encourage spiritual growth, and reinforce our expectations upstairs.

1. Check-In (5–7 min):

Ask each child:

- What was a high from your week?
- What was a low from your week?
- Any prayer requests?

(Feel free to share your own too!)

2. Rule Reminder (2–3 min):

Go over our 3 rules for upstairs:

1. Respect God – Worship, listen, use kind words
2. Respect People – Be kind, share, follow leaders
3. Respect the Building – Take care of the space & supplies

Thanks for leading with love and consistency!

