

The graphic features the word "Summer" in a blue cursive font, with a sunburst of white lines radiating from behind it. Below "Summer" is the word "ESSENTIALS" in a bold, blue, blocky font with a red outline and a white drop shadow. The entire graphic is set against a yellow background with two white horizontal lines above and below the word "ESSENTIALS".

# Summer ESSENTIALS

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08.02.20

## Sermon Response

Is there a time in your life where you have seen God take something little and do something big with it? Explain.

How do experiences and stories like this increase your faith and trust in God?

Where are you feeling overwhelmed and worried these days? Write down three specific areas where you feel like you don't have what it takes.

Psalm 55:22 says to cast your burden on the Lord. What could it look like for you to take these worries to Jesus? How can you specifically and practically do this?

Does releasing your worries to Jesus effect worry's hold on your thoughts, emotions, or energy? How?

Memorize Psalm 55:22 this week and recite it whenever worry creeps in.

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