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Be anxious
for NOTHING!

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WHAT'S IN THIS Study?

DAY 1: **What Is Fear?**

DAY 2: **Fear Controls Our Thinking**

DAY 3: **Fear Makes Us Lose Hope**

DAY 4: **Fear Tells Us Not to Obey**

DAY 5: **Fear Focuses on Self**



DAY 6: **Fear Ignores God's Care**

DAY 7: **Fear Ignores God's Promises**

DAY 8: **Fear's Place**

DAY 9: **Fear's Defeat**

DAY 10: **Fear Doesn't Belong in a Christian's Life**

DAY 11: **God Loves You**

DAY 12: **God Is With You**

DAY 13: **God Will Help You**

DAY 14: **God Will Provide for Your Needs**

DAY 15: **God Has a Plan for Your Life**

DAY 16: **God Is Powerfully Sovereign**

DAY 17: **It's All About How You Think**

DAY 18: **Talk to Your Father**

DAY 19: **Remember Your True Home**

DAY 20: **Resting on Truth**

Primary Level

DAY
15

God Has a Plan for Your Life

I really like having a plan, but my plans haven't always ended up looking the way I thought they would. When I was really little, I planned to be a missionary when I grew up. Then I decided I wanted to be a teacher. Now I'm a writer! I had lots of plans for my life, but so far, things have turned out differently than I thought they would. But that's the cool thing about life—we aren't the ones in charge.

Read ^{KEY VERSES} **Isaiah 55:6–9**. What do these verses teach you about God's ways?

God tells us that His ways are not like our ways and His thoughts are not our thoughts. The way God goes about His plans and works in our lives doesn't always look the way we would do things. While God gives us the ability to make decisions and choices in our lives, He has the final say on what happens! So how do we know we can trust His ways?

Read **Psalms 56:8–11**. Do you think God cares about our lives?

God cares about every detail in our lives, and He sees when we are uncertain and afraid. He doesn't think our sadness or fear is silly—our tears and emotions are precious to Him! Because God cares for us like this, we can trust His way and the plans He has for our lives.

**God's plan for your life is based on
His love and care for you.**

We know God's ways are different from ours, but we also know His plans are filled with His love for us. So how do we figure out His plan for our lives?

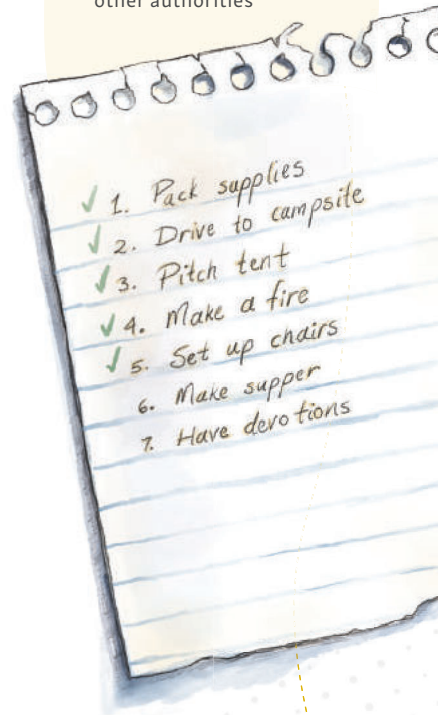
Read **Proverbs 3:5–7**. What do these verses tell us we should do?

God's will for your life is very simple. He just wants you to follow His Word and **acknowledge Him**. Though the future can be fearful—God has a plan. When you obey God, HE directs your steps and leads you to make good decisions about your life. So obey Him, trust Him, and acknowledge His authority. He will lead you one step at a time, one day at a time.

Draw one way you can trust God and acknowledge Him in your life today!

IDEAS

- being kind to someone who is annoying you
- reading your Bible
- listening in church
- obeying your parents or other authorities



Acknowledge:
to accept as real,
true, and right

Today as you pray, ask God to help you acknowledge and obey Him.
Thank Him for His promise to direct your path in this life.

Junior Level

I really like having a plan, but my plans haven't always ended up looking the way I thought they would. When I was really little, I planned to be a missionary in Africa or India. As I grew up, though, I started thinking I might like to be a teacher. In fact, I went to college to learn how to be a teacher. But then I realized that wasn't the right plan, so I switched to something else!

Now I'm a writer! I had lots of plans for my life, but so far, things have turned out differently than I thought they would. But that's the cool thing about life—we aren't the ones in charge.

Read ^{KEY VERSES} **Isaiah 55:6-9**. What do you learn about God's ways from these verses?

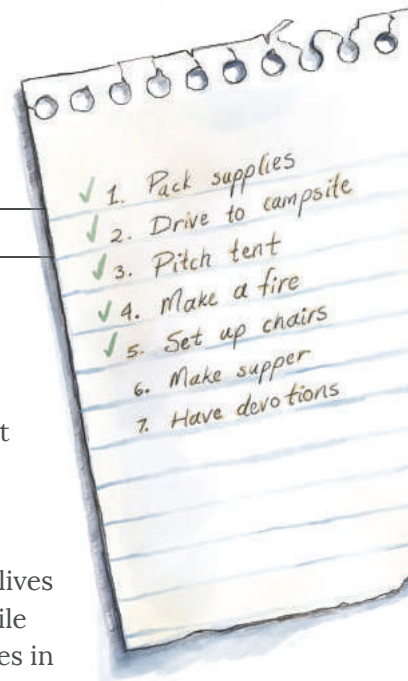
We seek after many things here on earth. Before we are saved, we seek after sin, but even after we are saved, we can sometimes get distracted by all the things WE want and desire. God tells us, though, that His ways are not like our ways and His thoughts are not our thoughts.

The way God goes about His plans and works in our lives doesn't always look the way we would do things. While God gives us the ability to make decisions and choices in our lives, He has the final say on what happens! So how do we know we can trust His ways?

Read **Psalms 56:8-11**. Do you think God cares about our lives?

☐ YES
☐ NO

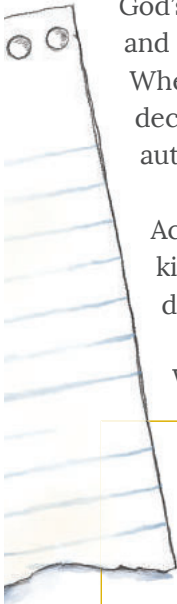
God cares about every detail in our lives, and He sees when we are uncertain and afraid. This passage even uses the picture of God keeping all our tears in a bottle to show that He sees and values our tears. He doesn't think our sadness or fear is silly—our tears and emotions are precious to Him! Because God cares for us like this, we can trust His way and the plans He has for our lives.



God's plan for your life is based on His love and care for you.

We know God's ways are different from ours, but we also know His plans for us are filled with His love for us. So how do we figure out His plan for our lives?

Read **Proverbs 3:5-7**. What do these verses tell us we should do?



God's will for your life is very simple. He just wants you to follow His Word and acknowledge Him. Though the future can be fearful, God has a plan. When you obey God, HE directs your steps and leads you to make good decisions about your life. So obey Him, trust Him, and acknowledge His authority. He will lead you one step at a time, one day at a time.

Acknowledging and obeying God in your life can look like showing kindness to someone who annoys you, making time to read your Bible daily, and obeying the authorities in your life.

What is the next right thing you can do to obey and acknowledge God?

Today as you pray, ask God to help you acknowledge and obey Him. Thank Him for His promise to direct your path in this life.

Youth Level

DAY 15

God Has a Plan for Your Life

I really like having a plan, but my plans haven't always ended up looking the way I thought they would. When I was really little, I planned to be a missionary in Africa like Mary Slessor or India like Amy Carmichael. (Look them up—they're pretty cool!) As I grew up, though, I started thinking I might like to be a teacher. But then I realized that wasn't the right plan, so I switched to something else!

My plan completely changed—and now, guess what! I write Bible studies like these to teach others about God's Word! I had lots of plans for my life, but so far, things have turned out differently than I thought they would. But that's the cool thing about life—we aren't the ones in charge!

Read ^{KEY VERSES} *Isaiah 55:6-9*.

What do you learn about God's ways from these verses?

We seek after many things here on earth. Before we are saved, we seek after sin, but even after we are saved, we can sometimes get distracted by all the things WE want and desire. God tells us, though, that His ways are not like our ways and His thoughts are not our thoughts.

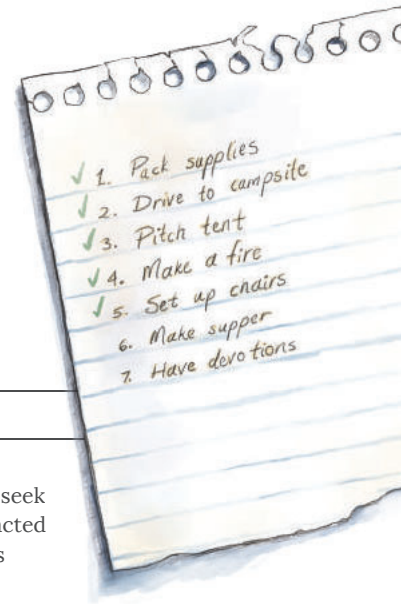
The way God goes about His plans and works in our lives doesn't always look the way we would do things. While God gives us the ability to make decisions and choices in our lives, He has the final say on what happens! So how do we know we can trust His ways?

Read *Psalms 56:8-11*.

What do these verses tell you about God's concern for what happens in your life?

These verses use the metaphors of "tossing" or "wandering" and God keeping our tears in a bottle to help us understand how much God cares about every detail of our lives. He sees when we are uncertain and afraid, and He sees our tears and values them. He doesn't think our sorrow or fear is silly—these are precious things to Him! Because our God cares for us like this, we can trust His way and the plans He has for our lives.

God's plan for your life is based on
His love and care for you.



Maybe you're thinking, "Okay, okay, I can believe that God has a plan, but I don't KNOW what it is! How am I supposed to find it or figure it out?"

Read *Proverbs 3:1-12*. What does this passage tell us about following God's plans for our lives?

Did you see God's will for your life in there? Well, guess what—it's there! God's plan for you and His will for your life is that you would follow His Word and acknowledge Him.

There is so much freedom in knowing this! Right now, you don't have to know exactly what college you're going to, what job you want, or where you want to live. All you have to know is God's Word. When you obey God, HE directs your steps and leads you to make good decisions about your life.

What decisions do you feel fearful about making right now? Are there any unknowns that cause you to be worried and anxious?

Though the future can be fearful—maybe we fear we'll make the "wrong" decision or "mess up" our lives—God has a plan! You are not powerful enough to mess up God's perfect and loving plan for your life. It's not going to happen! So obey Him, trust Him, and acknowledge His authority. He will lead you one step at a time, one day at a time.

Acknowledging and obeying God in your life can look like praying before responding to someone, showing kindness to a sibling who annoys you, choosing a time to read your Bible daily, and respecting the authorities in your life.

What is the next right thing you can do to obey and acknowledge God?

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Today as you pray, ask God to help you acknowledge and obey Him. Thank Him for His promise to direct your path in this life.

Parent Guide

DAY
15

God Has a Plan for Your Life

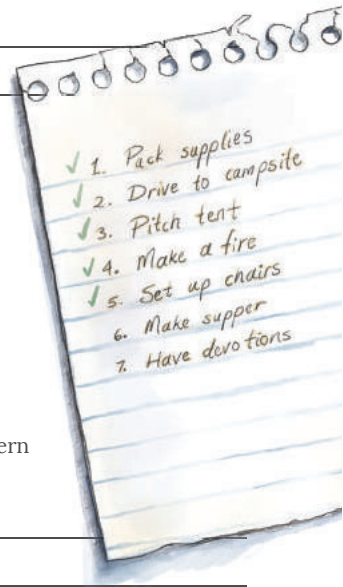
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Did you see God's will for your life in there? Well, guess what—it's there! God's plan for you and His will for your life is that you would follow His Word and acknowledge Him.

There is so much freedom in knowing this! Right now, you don't have to know exactly what job you want or where you want to live. All you have to know is God's Word. When you obey God, HE directs your steps and leads you to make good decisions about your life.

What decisions do you feel fearful about making right now? Are there any unknowns that cause you to be worried and anxious?



Though the future can be fearful—maybe we fear we'll make the “wrong” decision or “mess up” our lives—God has a plan! You are not powerful enough to mess up God's perfect and loving plan for your life. It's not going to happen! So obey Him, trust Him, and acknowledge His authority. He will lead you one step at a time, one day at a time.

How can you see God's hand in your life now that you look back as an adult? How did He guide you, and how was He faithful in the midst of mistakes you made? Sharing your story with your kids can help them as they face the uncertainty of their future!

Acknowledging and obeying God in your life can look like praying before responding to someone, showing kindness to a coworker who irritates you, or choosing a time to read your Bible daily.

What is the next right thing you can do to obey and acknowledge God?

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Today as you pray, ask God to help you acknowledge and obey Him. Thank Him for His promise to direct your path in this life.

Scripture: Isaiah 55:6–9

Key Truth: God's plan for your life is based on His love and care for you.

Discussion: What are some plans you have for your life? Why do you think God's plans are often so different from ours? What should you do if you don't know what God's plans are?



INCLUDES:



MAKING LEMONADE:

Trusting God through life's struggles



FEAR NOT:

Quieting fear and anxiety with God's truth



DON'T BLOW UP:

Seeking God's way instead of anger



LETTING GO:

Choosing forgiveness over bitterness



ABOUNDING IN HOPE:

How to resist hopelessness and despair

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Does fear keep you up at night? Are the thoughts that fill your mind constantly **anxious and fearful**?

We all experience fear at one time or another. But for some of us, fear is a struggle that threatens to **control us** every single day.

Fear Not is a study on what fear is, what to do about it, and **how to find rest** despite our fear. The battle against fear starts in our minds and can only be won through believing the promises God makes to us in His Word. When we **believe the truth** about God and His promises, we can have rest and peace no matter what fearful things we face in our lives.

