



# GUIDED BIBLE STUDY

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## **Let Go and Let God**

**Speaker: Ken Switzer**

### **Highlighted Scripture**

#### **1 Peter 5:7**

**Believers are encouraged to place their anxieties and concerns upon God because He cares deeply for them.**

#### **Matthew 6:25–34**

**Jesus teaches His followers not to be consumed by worry about tomorrow, but to trust in God's provision and care.**

#### **Philippians 4:6–7**

**Instead of living in anxiety, believers are invited to bring their concerns to God through prayer and experience His peace.**

#### **Isaiah 41:10**

**God reassures His people not to fear because He is with them, strengthening and sustaining them through life's challenges.**

## **Discussion Questions**

- **What worries or fears are most difficult for you to surrender to God?**
- **Why do people often pick their worries back up after giving them to God in prayer?**
- **How can trusting God change the way we face illness, uncertainty, or hardship?**
- **What is the difference between physical suffering and spiritual despair?**
- **How can believers encourage one another during seasons of fear or anxiety?**

## **Reflection Challenge**

**Identify one burden you have been carrying that you need to place into God's hands.**

**Ask yourself:**

- **What fear am I holding onto most tightly right now?**
- **Have I truly surrendered this concern to God, or am I still trying to control it myself?**
- **How can I actively trust God's care and provision this week?**

**Try this:**

- **Write down your biggest worry and pray specifically about it each day**
- **When anxious thoughts arise, intentionally replace them**

**with prayer and thanksgiving**

- **Encourage someone else who may be struggling with fear, illness, or uncertainty**

**Remember**

- **God is able to carry burdens that are too heavy for us**
- **Worry often grows when we try to control what belongs to God**
- **Physical circumstances may be difficult, but God can strengthen our spirit**
- **Fear loses its power when we place our trust in the Lord**
- **God's love and care remain constant through every trial**

**Prayer**

**Father God,**

**Thank You for caring about every burden I carry.**

**Help me release my fears, anxieties, and worries into Your hands.**

**Teach me to trust You more fully and to remember that You are greater than every problem I face.**

**Strengthen my spirit during difficult seasons and fill me with the peace that comes from knowing You are in control.**

**In Jesus' name,**

**Amen.**













