

WORSHIP OVER WORRY

When you feel stressed, do you tend to default to worry or control? What does that look like?

What does Exodus 15:3 mean to you?
("The Lord is a warrior, the Lord is his name.")
What does that name evoke for you?

The Israelites were told to march, sing and shout in order to defeat an enemy. When have you followed God's direction, even if it didn't make sense?

Which posture will you adopt next time to encounter a problem: worship or thanksgiving?
What appeals to you about that posture?