

## 7 Things to Watch For, and Watch Out For

Pastor Shawn Mitchell  
1/18/2026

Text: 1 Kings 3:16-28

### I. WHEN THE HEATS ON!! COMMON REACTIONS WHEN DARK DAYS COME

#### 1. Worry/Burden-Bearing

*"Blessed be the Lord, who daily bears our burden."* Ps. 68:19

*"Cast your burden upon the Lord, and He will sustain you"* Ps. 55:22

#### 2. Stress

*"Hear my cry O God, give heed to my prayer... when my heart is overwhelmed lead me to the rock that is higher than I."* Ps. 62:1

#### 3. Weariness

*"He gives strength to the weary. Those who wait for the Lord will gain new strength; they will mount up with wings like eagles"* Is. 40:29,31

#### 4. Discouragement

*"The lord is the one who goes ahead of you, He will be with you. He will not fail you or forsake you. Do not fear or be discouraged"* Deut. 31:8

#### 5. Defeat

*"Why are you cast down, O my soul? And why have you become disturbed within me? Hope in God, for I shall again praise Him for the help of his presence."* Ps. 42:5

### II. WHAT... ME WORRY?

Circle one:

• Self-Centered or Christ-Centered

• Feeding Fears or Faith

• "Stewin' without Doin" or Expectin' Amazing

• Emotion led or Spirit led

### THE WORD on Worry

*"Christ's love has the first and last word in everything we do. Our firm, decision is to work from this focused center."* 2 Cor 5:14

*"I sought the Lord and He answered me and delivered me from all my fears."* Ps. 34:4

*"Be steadfast, immovable, always abounding in the work of the Lord, knowing that your labor is not in vain in the Lord."* 1 Cor 15:58

*"All who are being led by the Spirit of God, these are children of God."* Rom. 8:14

### III. EXPECTING AMAZING IN THE DAYS AHEAD WHAT TO LOOK FOR...

1. Fresh direction & clarity Prov. 3:5-6

**What to expect:** God to clearly guide decisions, ministries, and personal steps of obedience.

2. Renewed Strength & Energy Isah. 40:31

**What to expect:** Spiritual, emotional, and even physical renewal for the journey ahead.

3. Greater Unity & Sensitivity to Others Ps. 133:1

**What to expect:** Deeper relationships, less division, more grace and cooperation

4. Answered Prayer in tangible ways Jer. 33:3

**What to expect:** Specific prayers answered - not vaguely, but recognizably

5. Spiritual Growth & Fruitfulness John 15:5

**What to expect:** Mature faith, visible fruit, and changed lives

6. God's provision for Every Need Phil. 4:19

**What to expect:** Provision: financial, relational, emotional, and spiritual

7. Open Doors for Impact & Influence Rev. 3:8

**What to expect:** New opportunities to serve, reach, and make disciples

### IV. WHAT TO WATCH OUT FOR IN THE DAYS AHEAD

A Acknowledge my limitations

*"For He understands how weak we are; He is mindful we are only dust."* Ps. 103:14

Make your worry list your prayer list

*"God will give you all you need from day to day if you live for Him and make His kingdom your primary concern"* Matt 6:33

Avoid "when-and-then" thinking

*"It is better to have only a little peace of mind, than be busy all the time."* Matt 6:33

Never assume on tomorrow

*"You do not know what your life will be like tomorrow. You ought to say, 'If the Lord wills, we shall live and also do this or that.'" James 4:14,15*

Commit my circumstances... and every day to God!

*"In the morning, O Lord, you will hear my voice; in the morning I will order my prayer to you and eagerly watch."* Psalm 5:3

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