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God's Cure for Separation Anxiety

Key References: Romans 8:28-39; *The Acts of the Apostles*, chap. 56, pp. 576, 577; *The Great Controversy,* chap. 19, p. 350; *The Bible Story* (1994), vol. 10, pp. 79-91; Our Beliefs nos. 3, 4, 10



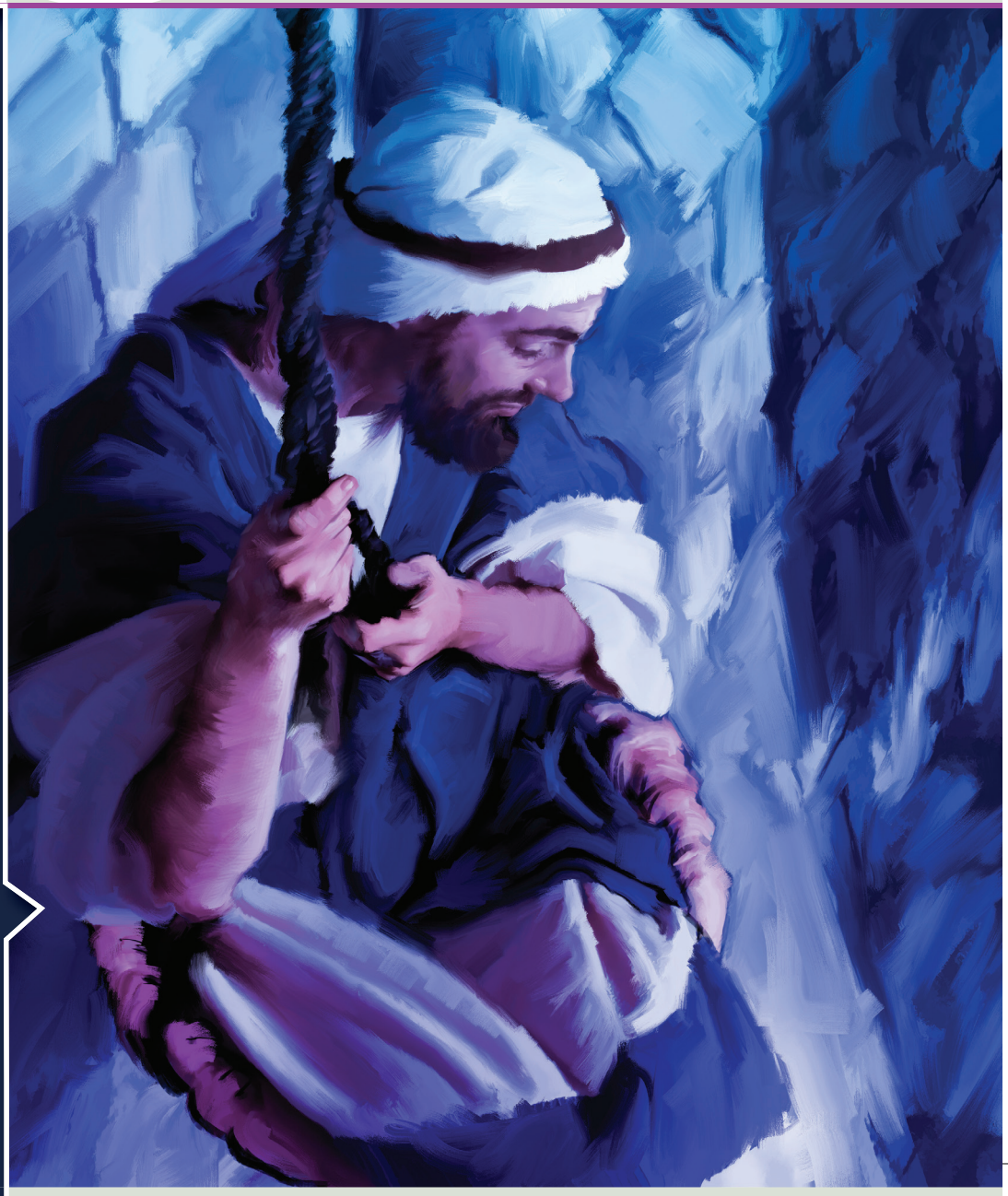












powertext

"For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord" (Romans 8:38, 39).

Sabbath

DO Do the activity on page 102.

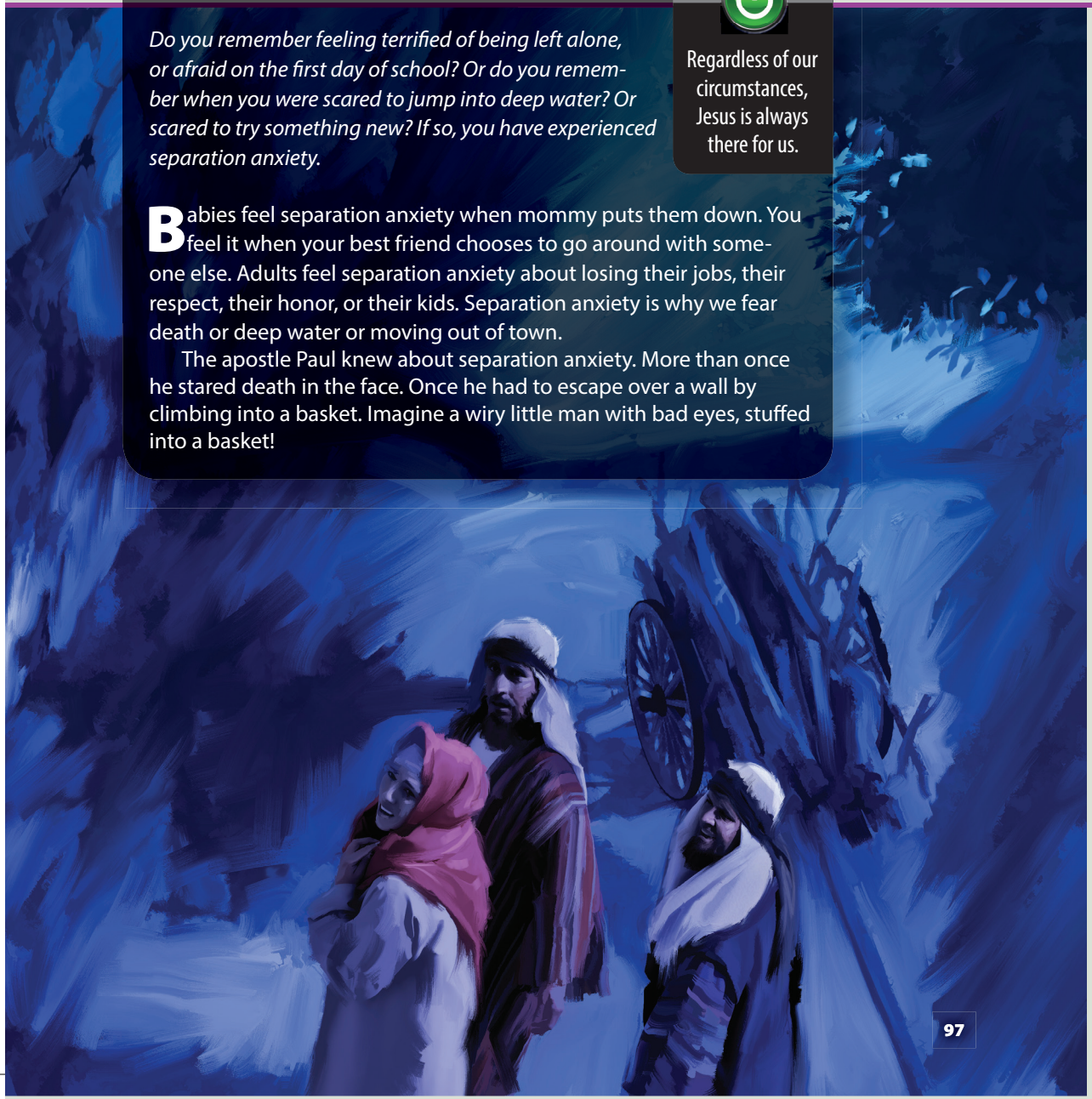
powerpoint

Regardless of our circumstances, Jesus is always there for us.

Do you remember feeling terrified of being left alone, or afraid on the first day of school? Or do you remember when you were scared to jump into deep water? Or scared to try something new? If so, you have experienced separation anxiety.

Babies feel separation anxiety when mommy puts them down. You feel it when your best friend chooses to go around with someone else. Adults feel separation anxiety about losing their jobs, their respect, their honor, or their kids. Separation anxiety is why we fear death or deep water or moving out of town.

The apostle Paul knew about separation anxiety. More than once he stared death in the face. Once he had to escape over a wall by climbing into a basket. Imagine a wiry little man with bad eyes, stuffed into a basket!



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Sunday

READ Read Romans 8:28-30 and this week's lesson, "God's Cure for Separation Anxiety."

MAKE Cut a large exclamation point from paper. Write on it the power text, Romans 8:38, 39. Place it on the wall in your room. Start memorizing it.

PRAY Ask God to take your biggest anxieties away.

Monday

READ Romans 8:31, 32.

THINK What are some of God's gifts to us? How are you encouraged knowing that God is a generous giver?

SHARE Ask an adult to tell you about something that worries him/her. Read Romans 8:28 to that adult.

REVIEW Review the power text.

PRAY Pray that God will help you grow into this text.

Tuesday

READ Read Romans 8:33, 34.

REFLECT How do these verses strengthen you when you feel condemned and discouraged?

WRITE In your Bible study journal, write your thoughts, knowing that God has chosen you and that He has a special plan for your life.

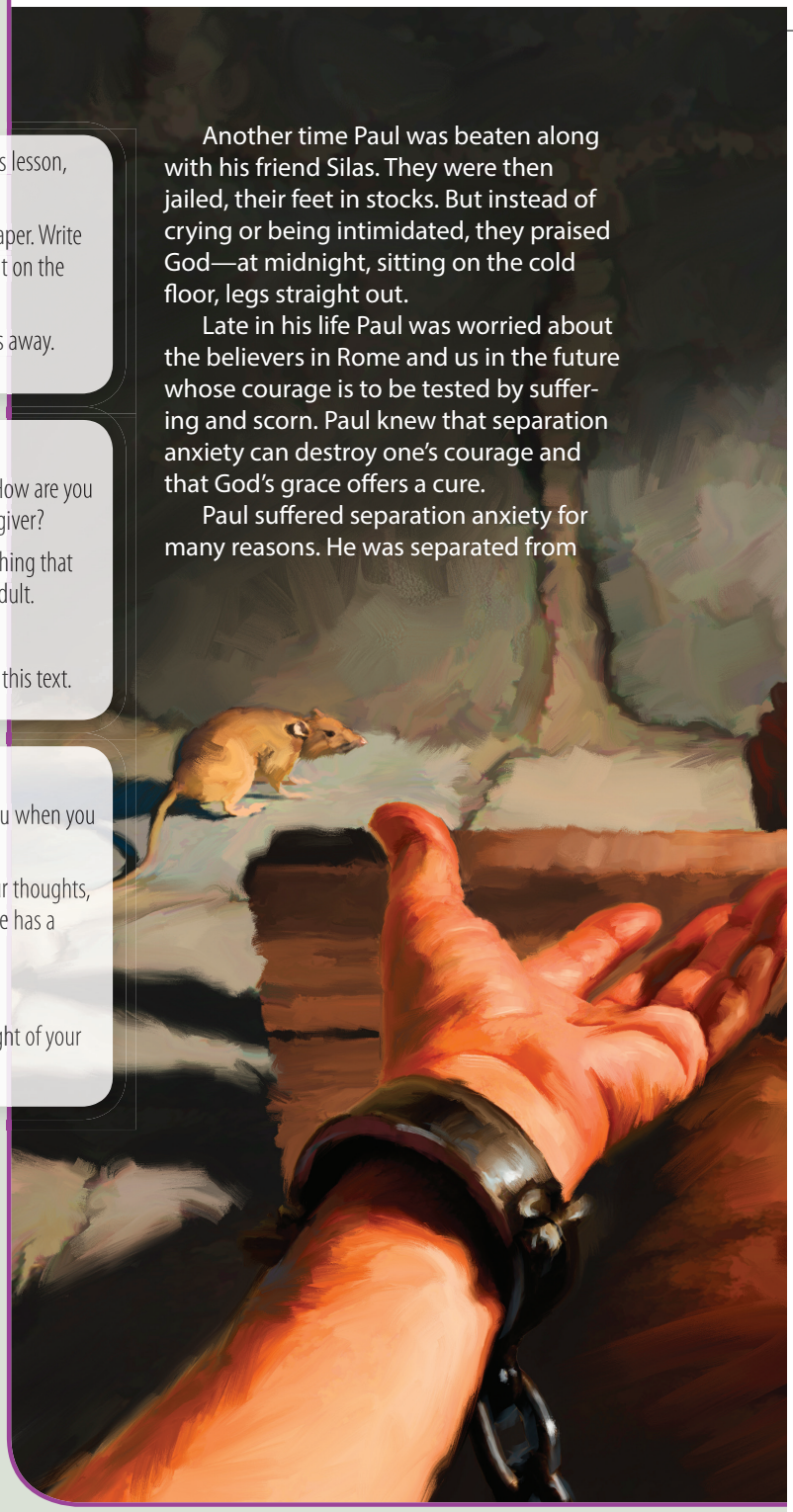
REVIEW Review the power text.

PRAY Tell God how you feel about Him in light of your anxieties.

Another time Paul was beaten along with his friend Silas. They were then jailed, their feet in stocks. But instead of crying or being intimidated, they praised God—at midnight, sitting on the cold floor, legs straight out.

Late in his life Paul was worried about the believers in Rome and us in the future whose courage is to be tested by suffering and scorn. Paul knew that separation anxiety can destroy one's courage and that God's grace offers a cure.

Paul suffered separation anxiety for many reasons. He was separated from





the powerful Pharisees when he became a Christian. He continually had to say goodbye to friends when long missionary journeys kept him moving and lonely, and he never forgot how it felt.

So in his long letter to the Roman Christians Paul shared God's cure for separation anxiety. We find it in Romans 8:28-39. The cure has three points: (1) God works things out for our good (verse 28); (2) God is on our side (verse 31); and (3) nothing can separate us from His love (verses 38, 39).

The Pharisees (Paul was a Pharisee, remember!) thought of God as the heavenly scorekeeper. Such as: You walk too far on Sabbath, and *kaboom!* another mark to keep you out of heaven. But God is not like that. "God is for us." He is on our side. He is doing all He can to get us there. God is seeking us out before we even know it.

After we choose God, He continues working on our behalf. Where is God

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Wednesday

READ Read Romans 8:35-37.

ASK Ask an adult to tell you about how God has helped them overcome hardships or persecution.

REVIEW Review the power text.

PRAY Ask God to guide your future (i.e., choosing good friends and spending time with Him each day).

Thursday

READ Read Romans 8:38, 39 and compare it to 2 Corinthians 11:24-28.

THINK What does Paul's record of hardships tell you about his experience with separation anxiety?

REVIEW Review the power text.

DESCRIBE Romans 8:38, 39 lists several enemies that can separate us from God. Describe one of these enemies that seems most real in your life.

PRAY In prayer, ask God to help you overcome this enemy. Thank Him for answering your prayers.

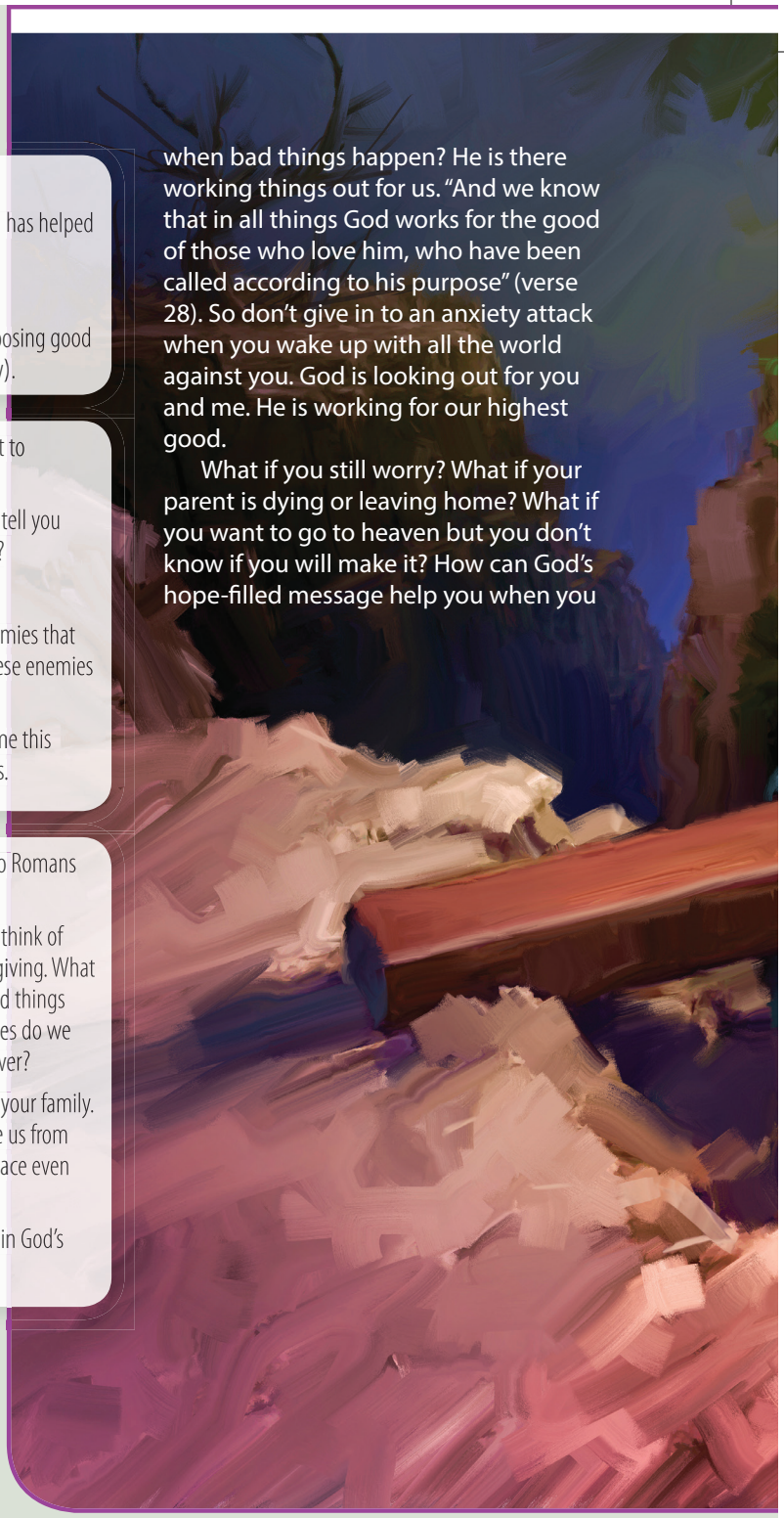
Friday

READ Read Matthew 7:7-11 and compare to Romans 8:32.

DISCUSS At worship, challenge everyone to think of ways they have experienced God's generous giving. What is the role of asking persistently for those good things that are according to God's will? What promises do we have that if we ask God in prayer He will answer?

RECITE Recite the power text together with your family. How does knowing that nothing can separate us from the love of God help us live with hope and peace even when we face perplexing situations?

PRAY Pray that your family will always stay in God's love.



when bad things happen? He is there working things out for us. "And we know that in all things God works for the good of those who love him, who have been called according to his purpose" (verse 28). So don't give in to an anxiety attack when you wake up with all the world against you. God is looking out for you and me. He is working for our highest good.

What if you still worry? What if your parent is dying or leaving home? What if you want to go to heaven but you don't know if you will make it? How can God's hope-filled message help you when you



are having separation anxiety? Listen to the apostle Paul's words now:

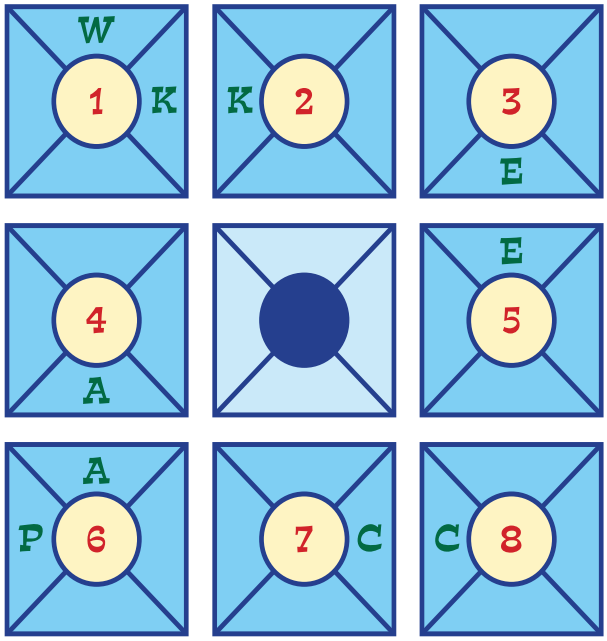
"For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord" (verses 38, 39).

If God is on our side and He is working things out for our good, should you have any reason to worry? God's love is the perfect solution for your separation anxiety. Remember: NOTHING CAN SEPARATE YOU FROM JESUS' LOVE FOR YOU!

PUZZLE
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MORE THAN CONQUERERS

Instructions: Use the clues to fill in the numbered squares. Each answer runs clockwise but can start anywhere in the square. Where the squares adjoin, they have the same letters. When you have finished, the light square in the middle will be the answer to the puzzle. We have given you some letters to help you get started.



All of the answers can be found in Romans 8:28-39.

1. "For those God fore__ __ __ __ he also predestined" (verse 29).
2. "For your __ __ __ __ we face death all day long" (verse 36).
3. "We are con__ __ __ __red as sheep to be slaughtered" (verse 36).
4. "If God is for us, who can be a__ __ __ __st us?" (verse 31).
5. "We are more than conquerers through him who __ __ __ __d us" (verse 37).
6. "He who did not __ __ __ __e his own Son" (verse 32).
7. You can feel confident and se__ __ __ __ in God's love.
8. "Who have been called ac__ __ __ __ing to his purpose" (verse 28).

Puzzle clue: This is what God did when His Son, Jesus, died on the cross for you: He __ __ __ __ .