

YOU ARE NOT ALONE

WEEK EIGHT

Frozen by Fear

TALK IT OVER

Key Scriptures:

"The Lord answered, 'I will be with you, and you will strike down all the Midianites, leaving none alive.'"

Judges 6:16

3 Facts About Fear:

1. Fear can be irrational.
2. Fear can be real.
3. Fear can be limiting

3 Big Ideas If You Are Frozen By Fear:

1. GO IN THE STRENGTH YOU HAVE!
2. GOD IS PATIENT AS WE WORK THROUGH OUR FEARS!
3. FAITH, INSTEAD OF FEAR, OPENS THE DOOR FOR UNLIMITED POSSIBILITIES!

Thoughts you have from listening to the message:

Start celebrating. Revisit action item(s) from last week.

- Tell us about the specific action you took to employ a specific fruit of the spirit on a specific person this week.

Start thinking. Ask questions to get your group thinking.

- If you are struggling with fear, you are not alone: 19.2 million adults in America struggle with a phobia.

Start talking. Find a conversation starter for your group.

- Think back through Paul's message. What sticks out to you?
- Do you have a phobia (whether funny or real)?

Start sharing. Choose questions that create openness.

- Thinking back on your life, what are times that you chose fear over faith and how did that impact the outcome?
- What about the opposite: the times that you chose faith over fear?
- What has God done in your life that shows more about His character than about your character?
- How many opportunities have you been avoiding in life because fear is in control?

Start digging. Scriptures to read during the week.

Judges 6 | Judges 7 | John 14:27

Start praying. Be bold, and pray specifically.

God, your word in our life is so rich and brings right what we need, right when we need it. We are thankful for your truths about how you handle our fears. We bring our fears to you; we lay them at your feet, acknowledging you are the God of the Universe who will patiently work through our fears. Throw open the doors of unlimited possibilities in our lives by strengthening the faith within each of us. Remind us, daily, that we have strength in you and, therefore, shall fear nothing at all.

Start doing. Commit to a step, and live it out this week.

God says some version of "do not be afraid" over 300 times in Scripture; search through them over the next week. Find at least one reference a day and journal about that passage and how it relates to your life and can/should impact your walk with the Lord.

"God leans into messed up, broken people and he moves through our brokenness."

~Paul Wingfield~