



QUIT THE DRAMA

Quit Living in Fear

Week 5

5 of 5

May 1, 2016

Icebreaker: What is something you were afraid of as a child?

Key Verse: *For God has not given us a spirit of fear, but of power and of love and of a sound mind.* 2 Timothy 1:7

Fears are odd things. We all have them. Some are grounded in reality, but many more are irrational. Yet, the realistic fears often tempt us to think that all our fears are rational and valid. In Paul's second letter to Timothy, he wrote Timothy and told him not to give into a spirit of fear. The spirit of fear is characterized by embracing the negative, enlarging the enemy, and engaging your fear.

Imagine Timothy's circumstances. He was a young pastor in a church with people much older than he was. His mentor, Paul, was imprisoned. His church had infighting. Persecution of Christians was increasing. All of these seem like valid reasons to fear. If Timothy wanted to, he would have had no problem embracing the negative. All of these things seemed to be against him. However, embracing the negative only serves to enlarge the influence of the enemy.

Timothy had a very real, very formidable enemy. Giving into fear would have given the Devil that much more power. Fear is a distressing emotion aroused in the anticipation of pain, harm, or loss. If you are afraid of anything in an ongoing way, that emotion is not of God. Timothy could fear all of these things, but he had a God who was for him.

God had placed Timothy as a pastor and cared more about his success than Timothy did. Timothy would succeed because God wanted his work to succeed. Had he given into these fears, he would have missed crucial opportunities to ministry. We face the same problem. Fear wants to rob us, not only of our assurance but also of our effectiveness. By rejecting fear, we embrace God's plan for us.

THINK IT OVER >>>

Thinking back on Dwight's message, what stood out to you?

Dwight said the way to quit living in fear is to . . .

1. Fear God only.
2. Surrender to God daily.
3. Realize God's gift.
4. Live in authentic community.

What are the three characteristics of fear? How have you seen each in your own life?

When does momentary fear turn into a spirit of fear?

Why is a spirit of self-control the opposite of a spirit of fear?

LOOK IT OVER <<<

What are you afraid of right now? How can you trust Jesus instead of living in fear?

Why is fear such a crippling emotion? What do you try to do when you are afraid?

Why are the promises of God to us in the Bible things we should grab ahold of when we are afraid? Which promises are particularly sweet to you right now?

What power has Christ given you to live beyond fear?

What's the worst thing that can happen if you fully surrender to God?

NEXT STEPS

This week, consider taking some next steps together, as a group:

1. Pray that you would trust God more than you would fear anything man can do to you. Think through your fears and release them to God in prayer. Take as much time as you need to do this. It will not be easy for you, but God is good and strong and stands willing to silence your fears and doubts.
2. Work through the things that are giving you cause to fear and distrust God. How can you trust God instead of fearing these things? Trace the progression of fear in the situation to determine at which point you can stop and trust God before your fear gets the best of you. Embrace God and confess that He is for you.

EVALUATION/ACTION

Trusting instead of embracing fear

Rate yourself from 1 to 10 1 (never), 10 (always)	1	2	3	4	5	6	7	8	9	10
Why did you give yourself this rating?										
What benefits will you obtain by raising your rating?										
Do you know someone who demonstrates this bottom line well? What do you admire about that person?										
What specific action can you put into practice to raise your rating?										
At the end of this week, reflect - where did you see the bottom line show up in your actions throughout the week?										

PRAYER

List group members and their prayer requests for this week:

FURTHER STUDY

Want to dig deeper? Check out these verses:

- Numbers 13:25
- Joshua 1:7-9
- Psalm 56:3
- Mark 5:35
- Romans 8:31

***Don't let the conversation stop here. Keep talking it over with others throughout the week.
(Don't forget to bring this paper to the next small group meeting)***