

House Church Study Questions
Based on the SAC Sermon on August 23rd

Sermon: Overcoming Fear
Text: Isaiah 41:10

Gathering Guidelines

-Watch Pastor Brian's intro video for this week.

Take some time to worship

Play a worship song. Pray to Jesus. Be in His presence.
Here is a suggested worship song to listen to on Youtube:
<https://www.youtube.com/watch?v=oFizRY8w0-I>

Read: Isaiah 41:10

Discussion Questions

God makes it pretty clear that fear is something He wants to help us to overcome. A lot of us may think that fear is not something that is your personal problem. But, fear is often expressed as *worry*, and we all struggle with that.

God is inviting you to find freedom over fear and worry, and that journey starts today!

Question #1: Isaiah 41:10 begins with saying 'So do not fear. . .'

-Do you see this as more of a command or an invitation?

-Take a moment and really consider if fear/worry is something that a child of God should accept or should reject? Be brutally honest with yourself. . .

-Now ask yourself if you agree with God and make your choice heard by others in your group. (The reason for this will be made clear soon. . .)

The first step in overcoming fear/worry is to decide if what God says about fear is true.

Question #2: Our passage in Isaiah continues with “. . .for I am with you.”

-Can you think of a time when you struggled with fear or with a worry about something? What did/does it feel like?

-God is inviting us to overcome fear/worry. How does knowing that He is with you help?

The second step of overcoming fear/worry is to agree with God that his promise of being with you is true.

Question #3: Is. 41:10 “. . .I will strengthen you and help you. . .”

-When you are busy worrying about circumstances do you feel empowered to overcome or helpless to fight?

****Spiritual Key****

Worry is natural to our fallen sinful nature. We don't have to work at all to create it or maintain it. It *feels natural to have it*, because it is natural to us. When fear/worry is allowed to sit there it wears us down and makes us spiritually exhausted and it seems like there is no real way to change it. When this happens our perspective changes *and all we can see is our circumstances*. Fear/worry dominate and God saying that this can change seems like a distant voice in the fog.

The spiritual key for us is this: God is giving us his promises in order to exercise power to really change this in us. But we have a role to play, and a big part of that role is to *declare His word over ourselves*.

-Do you find it hard to pray out loud? Ask yourself why.

-Do you find it strange to imagine yourself speaking, out loud, the truths of God over yourself to break the power of fear and worry in your life? Do you think there is something in doing this that could change your fear/worry into courage/strength? Read John 15:26-7 and then ask this question: Why do you think Jesus asks His disciples to *testify*?

Overcoming Fear/worry from Isaiah 41:10

- 1. Decide for yourself if fear/worry is from God or not and declare it.**
- 2. Choose to trust that God is with you and express it.**
- 3. Agree that God promises to give you strength and say it.**

Revelation 12:11 “They triumphed over him by the blood of the Lamb and the word of their testimony.”

Invitation and Mission for this week

This week memorize Isaiah 41:10.

Every day speak out over yourself the truths of God and allow Him to begin to shift your fear/worry into courage/strength.

“Jesus, today I make the choice to say that fear/worry is *not* of You and it’s not of me as your child.”

“Jesus, today I choose to trust that you are really *with* me and that when you are with me I do not need to fear or worry about one single thing.”

“Jesus, today I agree that you promise to give me strength to overcome fear/worry and your strength is enough.”

Pray for each other

Go around your circle and pray for the person on your left. Pray from the content of your discussions tonight and declare God’s truth/blessing over the person next to you. Everyone is invited to pray. Everyone is invited to receive prayer.