

ALIVE

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FREE

WEEK 9

These questions are designed to extend the impact of the weekend message. Use them to go deeper in your personal study time, with your family, and/or with a group or Bible class.

Fear is the first negative emotion mentioned in the Bible. Fear is such a way of life we do not even know we are in bondage. The truth is we process everything in life through the voice of fear or faith. May we listen to the voice of God instead of the voice of fear.

1 Bondage does not cost you your salvation. Bondage costs you the joy and the peace and the impact of your salvation. **Read 2 Timothy 1:7.** God does not give us a spirit of fear, so where does it come from? What fears have you struggled with the most and what has that cost you?

2 FEAR SAYS “What if?” We fear what we doubt God can handle. Put another way, what you worry about the most is also the area where you trust God the least — fear indicates little faith in God’s faithfulness. Fear reveals those “what if?” areas of our life. What do we gain by worrying about them? What does it reveal about idols in our lives?

3 FAITH SAYS “So what!” The most repeated command in the Bible is **“Do not fear.”** This reveals how pervasive the bondage of fear is. Faith doesn’t live by avoiding fearful situations, but by seeing those situations through a different perspective. Share examples from scripture and your own experience about what this looks like.

4 Bondage needs *a smaller faith*, but freedom needs *a bigger fear*. Rick says you conquer fear by getting a

bigger and better fear — the fear of God. What do you think he meant by that? Why does the love of God cast out fear (see **1 John 4:18**)?

5 Read Psalm 56:10-11. Bring the presence of fear into the presence of God and expect to hear a better word. Time in worship and the Word gives us leverage over our fears. Why is that? Why is it important to “magnify” the Lord?

6 Read Psalm 56:12-13. The reminder of what God has already dealt with on our behalf gives us leverage over whatever we are dealing with. What has God done in the past that should help us lean into the future?

ACTION STEP This week spend some time reflecting on the three **FEAR BUSTERS** Rick mentioned near the end of his message: (1) **Admit your fears to yourself and God.** Remember, free people are honest people. Sit before the Lord and ask Him to show you your fears and then ask Him to reveal the lies that are behind those fears. Bring the presence of fear into the presence of God and expect to hear a better word. (2) **Submit your fears to Word and worship.** Word and worship puts God between us and our fears instead of letting our fears come between us and God. (3) **Commit to doing what someone who trusts God would do.** “Fear not” in the Bible is usually followed by a call to risky obedience. Rather than fret about tomorrow, look to participate in what God is doing today. What is one thing you would do right away if you were not afraid? What are you going to do about it?