

Sunday, March 22, 2020 - "Give It Up - Week 2: Fear - Doug Kempton"

Key Passages: Mark 4:35-41, Isaiah 43:1, Psalm 27

- Feel free to read the passage(s) out loud as a group
- Allow the group to share freely about what stood out to them from the passage or from Sunday's message

Main Ideas

- Give it up: letting go of stumbling blocks for a lifetime
- Last week: control gives us a false sense of predictability...control is rooted in fear
- What does it look like for us to give up fear?
- We don't have to be overcome with fear, we're able to be victorious
- Unrecognized or unchecked fear causes us to do things that we shouldn't and not do things we should
- Fear is not always a bad thing
 - It can be a God given emotion and can save our lives
 - Fear can keep you from doing something bad or dangerous
- Fear is one of the first human emotions after the fall...Genesis 3:10b (fear can cause all kinds of problems in our lives)
- Mark 4:35-41
- In spite of how things went down...it was all Jesus' idea
 - He knew what was going to happen...storm, they would be scared
 - He chose to send them through it anyway
 - Jesus isn't panicked or scared
- The disciples come to the end of themselves and come to their senses and wake Jesus from his "nap"
- "Teacher, do you not care that we are perishing?"
 - This is a legitimate questions
 - A question that we all deal with or feel
 - Do you see me and do you care about what I am going through?
 - They realized the reality that Jesus was in the boat...Jesus rebukes the wind and the waves m→ chaos into calm
 - Jesus is waiting for us to reach out for help
- "Consuming fear results when our primary source of security proves inadequate" - Doug Kempton\
- Why are you so afraid?
 - What are you trusting in?
 - Don't you know that your Father in heaven sees you, knows you and cares for every aspect of your life
 - You have so much value to God...if he's made you his own he is not about to abandon you
 - Maybe you need to hear Jesus ask the question "Why are you so afraid?" → put your trust in me
 - God's perfect love can cast out all fears
- We are called to submit all of our fears to the Lord
- Isaiah 43:1
- Psalm 27 - a prayer and words of encouragement

Questions (Feel free to use all of these, some of these, or none of these)

1. What is the storm that's raging around you? What do you fear?
2. What is your primary source of security? How is God calling you to shift this thinking?
3. What does it look like for you to submit your fears to God?
4. Has there been an instance where you can relate to what the disciples must have been feeling?
5. Have you ever experienced God's love casting out fear in your life? What did it look, sound and feel like?
6. What is God inviting you into as a result of this passage or sermon?

****15 Minutes with God Reading Plan-**

Mon: 1 Samuel 16:1-3 Tues: Psalm 23 Wed: Ephesians 5:8-14 Thurs: John 9:1-41 Fri: Luke 22

Songs from the weekend: [The Way - Pat Barrett] - [Surrounded (Fight My Battles) - Upperroom] - [Only Jesus - Bethel Music]