



Sunday 9th October 2016

Cathy De Witt

Addressing Fear

1. Read John 10:7-10. In the light of this passage discuss Kathy's comment "The Devil seeks to overwhelm God's people" so how does this mean we ought to live.
2. Ask one person to record as each member of the group lists their top 3 fears. After doing the total list ask each person "why do I fear the things I listed and how do I address my fears?". Ask the recorder to list the most common fears out of the list and discuss why are these so common?
3. Cathy said there are number of stories in the Old Testament where people showed fear for different reasons and she gave three: Jonah, Daniel and Elijah. Ask the group to look at one character Jonah.
Read Jonah 1.1-17, 2 :1-2, 7-10, 3:1-5 and Jonah 4:1-11. What was Jonah's reason for running away from carrying out God's request and why did he disobey? Why did Jonah get so angry in chapter 4 and what was the lesson God wanted him to learn . Ask the group to discuss "does this story relate to your life and if so how". Ask people to tell stories where they tried to run away from God's instruction.
4. Cathy said "there are three keys to overcome fear" :
[1] Read 2 Tim 1:6-7 Discuss what does this teach us about overcoming fear and what is our authority in relation to overcoming the source of many of our fears namely Satan ?
[2] Know the Word of God. Discuss the following verses.
1 John 4:18
Phil. 4:6-7
John 14:27
Eph. 6:10-18
[3]Gather an army to pray and to stand beside you . Ask someone to pray for you someone who you trust – do you have someone if not pray about it .
5. Cathy prayed in her final prayer – "You call us to be COURAGEOUS in your strength" . What does this say to you as you face another week and how ought we to live?