



DATE	July 29, 2018
SPEAKER	David Smith
TITLE	Fear to Rest
SERIES	Stuck in anxiety? Trapped by guilt? Bound by consequences? Your future can be greater than your present. With God's help, you can undergo a metamorphosis and emerge from them free to experience the abundant life you're meant to live.

Fear is such a basic human emotion that many of us constantly live in the grip of fear, worry and anxiety. God told us to “fear not” because he knew that we would all wrestle with fear sooner or later.

1. Pastor David taught that “fear not” is the most frequent command issued in the Bible. Read these other passages:

John 14:27

Isaiah 41:10

Deuteronomy 31:6

2 Timothy 1:7 “For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.” (taken from the message today)

What is the common thread of these passages?

2. Read Genesis 15:1. “After this, the word of the Lord came to Abraham in a vision: ‘Do not be afraid, Abraham, I am your shield, your very great reward’”

To call God our shield means two specific things:

1. He protects us in times of doubt.
2. He rescues us in times of danger.

Note that God does not say, “I will give you a shield,” but “**I am** your shield.”

Is there a distinction? Why does that matter?

3. Pastor David said: “Faith isn’t the absence of fear; it’s obedience despite fear” compare this to Psalm 112:7-8.

What does the psalmist want us to know about times of trouble?

4. Pastor David referenced Moses’ words to his people in the book of Exodus. Moses answered the people, “Do not be afraid. Stand firm and you will see the deliverance the LORD will bring you today. The Egyptians you see today you will never see again.

(Exodus 14) The LORD will fight for you; you need *only to be still.*”

When do you (or have you) struggled to just be still? Why is that so hard for us?

5. Pastor David taught that we have 3 typical responses to fear:

Become afraid
Develop a cynical attitude
Imagine worst-case-scenario

Which of these do you struggle with the most? How does the sermon today help you to put that into perspective?

6. You live with, work with or have someone in your community who is in a time of difficulty and struggling with fear. How might you counsel them? What does it mean to be still?
7. Read Psalm 23:4. The valley of the shadow of death may denote the most severe and terrible affliction; a time potentially of great fear. What does your valley look like? How does this passage help you to find comfort?
8. Pastor David quoted Brad Clark, VP Engine and Transmission FCA who said, "Leaders absorb chaos, create calm and provide hope." Share your thoughts around this statement. How would you rate yourself on this? How might you improve?
9. Read Acts 16:22-28. Pastor David said that when confronting our fears, we will need to move from fear into rest. What lessons do you think this passage provides in achieving that?

When we're in the darkness of affliction, our temptation is to circle the wagons and turn inward. We're tempted to self-pity and self-focus. Tempted to withdraw from others and stay in that place of fear. But God tells us to cling to him and have faith.

It is in these times that we need to turn to the one who gives rest. Our shield.