

“FEAR” A Personal or Small Group Experience

I will never forget the statement one of my professor’s made when I was attending seminary in a class called “Pastor as Counselor”! He said, “Gentlemen you will minister to a lot of people suffering from some level of depression—not clinical depression—but everyday stress and strain of life struggling. Most of what they are dealing with is actually unresolved fear or unresolved anger!” I have found that to be so true. In fact, I have discovered that even anger finds its roots in fear. Fear is the biggest negative force in our lives. Discuss this!

Test this out in your own life—or perhaps in your group. Think of a time you struggled with some negative feelings—anger, bitterness, depression, feeling overwhelmed or forgotten etc. As you go back into those feelings—you *might not have to go back very far because we usually bring these with us everyday*—ask yourself the question, “What am I afraid of?”

Let that sink in a little! What am I afraid of? What was I afraid of at the time? It usually takes a little while. Many times we need help from someone else (that’s why we have friends and counselors) to facilitate our digging. Most often we find fear at the root. Spend some time discussing this. You might have to push each other a little.

When the “fear” is more clearly identified it is amazing how the presence and promises of God seem to help. Without the journey into the fear so often God’s promises that are supposed to make us feel better—seem so irrelevant. When we excavate the fear out of our inner being—the presence and promises of God often are just the prescription to greater peace. When we are afraid—even a promise of God’s presence—“I will never leave you or forsake you!” takes on impacting relevance.

Often times when engaging the word of God in a study like this we need to study two things. We need to study “ourselves” and study Him through His word. As you look at this passage about how God deals with fear take special notice about fears you are dealing with. You might have to excavate around a while in your own heart but if you are a living breathing human being “fear” at some level is part of your daily life. Perhaps ask others who know you to help you see how “fear” affects you—your mood or disposition etc.

Read contemplate and discuss the powerful way God deals with fear. His answer is love! Take this verse section in parts. Read them over several times. Let them sink in as you contemplate and discuss. Find the words and verses that bring you hope, joy and peace. What do these verses say about God’s dream for each of His children and for their life together in community—in His church.

1 John 4:7-21



Arise, shine, for your light has come, and the glory of the LORD rises upon you.

Isaiah 60:1

“Connecting With God” Weekly Guide

This booklet is a resource to help you “Connect with God” this week. He deeply desires ongoing personal connection with you. You are that important to Him.

This Page has some scripture verses for you to meditate on each day this week. Notice the helpful hints section – these are great things to consider when personally engaging with God through His Word.

The Center Pages contain the notes and outline for the message given on Sunday. The message is also available as an audio download from www.pointofgracechurch.org

The Back Page has a study written specifically for a small group of people (or an individual) to drill down deeper into a particular aspect of the week’s theme. Small groups can review memorable points of the week’s message and then work through the study concluding with a time of prayer.

Scripture & Meditation Guide - November 1-6

Helpful Hints:

- 1) Find a quiet place along with 15-20 minutes!
- 2) Focus on God for a few moments asking His Spirit to speak to your heart!
- 3) Listen to Him by reading a section of scripture then rereading it several times, dwelling on “words and phrases” which grab your heart’s attention.

Ask God, “What do You want me to hear?” “Why this word at this time?” “How are You inviting me to respond?”

- 4) Pray everything that is on your heart and mind as you are ready!

Worship Him, Bless Him, Thank Him, Ask Him, Trust Him

Monday: 1 John 1:15-18

Tuesday: 1 John 2:28-3:3

Wednesday: 1 John 3:16-24

Thursday: 1 John 4:7-12

Friday: 1 John 4:13-21

Saturday: John 3:16-21