

Safe and Secure

Focus Over Fear (Week 1)

LifeNotes

TALK IT OVER

Main Ideas

Faith is not being unaware of the dangers you're facing. It's not living in denials of the storms of life. Faith is knowing that in spite of our foundation being shaken, and all the dangers we can see, we can move forward, knowing that **the safest place to be is in the security of Jesus.**

Key Scriptures

Shortly before dawn Jesus went out to them walking on the lake. When the disciples saw him walking on the lake, they were terrified. "It's a ghost," they said, and cried out in fear. But Jesus immediately said to them: "Take courage! It is I. Don't be afraid." "Lord, if it's you," Peter replied, "tell me to come to you on the water." "Come," he said. Then Peter got down out of the boat, walked on the water and came toward Jesus. But when he saw the wind, he was afraid and, beginning to sink, cried out, "Lord, save me!" Immediately Jesus reached out his hand and caught him. "You of little faith," he said, "why did you doubt?" And when they climbed into the boat, the wind died down. Then those who were in the boat worshiped him, saying, "truly you are the Son of God." Matthew 14:25-32

I will not set before my eyes anything that is worthless. Psalm 101:3

The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light. Matthew 6:22

So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal. 2 Corinthians 4:18

Warning signs:

1. My life is shifting, and my foundation feels shaken.
2. My foundation feels shaken, so that might translate into my faith being shaken.
3. Where is God in all of this?

Start talking.

- Think of a time when you found yourself in a dangerous situation. How did you get to safety?
- We are born with an innate need to be safe. How does it feel internally when safety and security in our lives begins to shift?
- How have all the changes over the past 4-5 months rocked your foundation in regards to safety and security?

Start thinking.

- Matthew 14:28. "Lord, if it's you," Peter replied, "tell me to come to you on the water." As a fisherman, Peter would have understood the security of the boat and the danger of the waves. What would have brought him to a place to risk leaving the first, and braving the second?
- What are our "boats" of security? Security is not a negative, but how can they take our eyes off Jesus?
- What are the dangers/wind/waves we are currently encountering? What in our lives makes us think, I should be afraid/I should be angry/I should make my world small/I should trust nobody.

Start sharing.

- What feeds our fears? News/the world/the panic/the what ifs/other people/their successes/my failures/flaws/insecurities
- Read Psalm 101:3, Matthew 6:22, and 2 Corinthians 4:18. How can these verses help filter what we put into our line of sight?
- What "unseen" things can you begin to believe as truth, and how do these truths help navigate real life threats to our safety and security? (Who God is/who you are in Him)

Start doing.

- There is no easy button, anywhere. We must fight for our focus, knowing Jesus is worth it. Trusting that if we seek Him we will find Him, when we search for Him with our whole heart (Jeremiah 29:13). What does "whole heart" mean to you personally? How does that play out in real life, in your real day?
- How can you commit to time in God's Word and in prayer?

Closing prayer.

Jesus, the foundation of life changes so much, and all the time. I feel myself pulled towards the security of my life, and threatened by the storms around me. Help me instead to keep my eyes fixed on you, knowing you have more to offer than my "boat", and knowing you are stronger than any threat of my storms. I put my faith in you, and know that there is no place safer than in the security of you.