

Set Free

Free From Fear (Week 3)

LifeNotes

TALK IT OVER

Main Idea

We will choose Focus over fear, Worship over worry, and Helping over hiding.

Key Scriptures

Do not fear, for I am with you; do not anxiously look about you, for I am your God. I will strengthen you, surely I will help you, surely I will uphold you with my righteous right hand.
Isaiah 41:10

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

Oh come, let us sing to the LORD; let us make a joyful noise to the rock of our salvation! Let us come into his presence with thanksgiving; let us make a joyful noise to him with songs of praise! Psalm 95:1-2

Therefore, since we are receiving a kingdom that cannot be shaken, let us be thankful, and so worship God acceptably with reverence and awe. Hebrews 12:28

I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me...Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.
Matthew 25:35-36, 40

The Church is not closed, and the Gospel cannot be quarantined!

Dangerous traps:

- Fear.
- Worry.
- Hiding.

The Antidotes:

- Focus on Christ and his word.
- Worship and declare God's goodness.
- Help others in need.

Start talking.

- What has this situation revealed about much of human nature?
- How have you seen: Fear, Worry, and Hiding take hold lately?

Start thinking.

- Read Isaiah 41:10. Why does the Lord say not to fear? What promises are included in this verse?
- Read 2 Corinthians 4:18. What is the "unseen" thing(s) Paul wants us to focus on?
- Read Psalm 95:1-2 and Hebrews 12:28. How does praise, thanksgiving, and worship stand in opposition to worry? What kind of kingdom are we receiving and can we trust in?
- Read Matthew 25:35-40. How does helping others align us with Christ and protect us from our temptation to hide from difficult situations?

Start sharing.

- What are your fears and worries?
- How are you prone to "hiding"?

Start doing.

- List 5 things you are thankful for now and every morning before your feet hit the ground.
- Download the YouVersion Bible App. And join Harbor in the "Anxious for Nothing" plan.
- What can you do to help someone else this week?

Closing prayer.

Jesus, we admit that we are fearful, worried, and prone to hiding. This is a hard and scary season. Please calm our hearts as we lean into you. Help us to focus on you, your Word, and your promises. Smooth out our worries as we worship you and give us the courage to help others whenever possible. You are good and we can trust in you. We praise you and thank you for all you are.