

Set Free

Free To Feel (Week 4)

LifeNotes

TALK IT OVER

Main Idea

In the face of fear, we will choose to remember and declare God's faithfulness.

Key Scriptures

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7

"Pardon me, my lord," Gideon replied, "but if the LORD is with us, why has all this happened to us? Judges 6:13

"Pardon me, my lord," Gideon replied, "but how can I save Israel? My clan is the weakest in Manasseh, and I am the least in my family." Judges 6:15

Gideon replied, "If now I have found favor in your eyes, give me a sign that it is really you talking to me. Judges 6:17

Gideon said to God, "If you will save Israel by my hand as you have promised – look, I will place a wool fleece on the threshing floor. If there is dew only on the fleece and all the ground is dry, then I will know that you will save Israel by my hand, as you said." Judges 6:36-37

Then Gideon said to God, "Do not be angry with me. Let me make just one more request. Allow me one more test with the fleece, but this time make the fleece dry and let the ground be covered with dew." That night God did so. Only the fleece was dry; all the ground was covered with dew. Judges 6:39-40

"Get up! The LORD has given the Midianite camp into your hands." ... "Watch me," he told them. "Follow my lead. When I get to the edge of the camp, do exactly as I do. Judges 7:15, 17

"As for me and my household, we will serve the LORD." Joshua 24:15

Lessons from Gideon:

1. God welcomes our feelings.

2. Victory comes through trust.
3. Remember God is faithful.

Start talking.

- When have you "hit the wall" in the last week?
- How do you move forward when your anxiety is high?

Start thinking.

- Read Philippians 4:6-7. What is the promise in these verses?
- What is the choice that needs to be made for these verses to practically impact your life?
- Read Judges 6:13-17. How does God respond to Gideon's responses?
- Read Judges 6:36-40. Why did Gideon ask for a sign? Why did God indulge him in this twice?
- Read Judges 7:15, 17. What changed in Gideon from chapter 6?

Start sharing.

- What makes it hard for you to decide to trust God?
- What helps during times of anxiety and stress?
- How has God been faithful in the past?

Start doing.

- What have been your prevailing feelings during this time?
- What is one tangible way you can choose to trust in God this week?
- What tangible item (a rock, a verse, a plaque, a picture, etc.) can you place in an area prominence in your home that can remind you of God's faithfulness and your decision to trust Him? For example: Joel and Julie shared that they recently bought a framed verse that has Joshua 24:15 written out. They have hung it over their kitchen table as a reminder for their family.

Closing prayer.

Jesus, please help us through this tough season! Thank you that you don't turn us away in our fears, doubts, and confusion. Thank you that you welcome all our feelings. Help us though to have the courage to choose trust in the midst of anxiety and stress. Remind us daily of your past, present, and future faithfulness. Help us cling tightly to you and your promises!