

Faithful Living in a Fearful World

Week 1

Therefore We Will Not Fear

Psalm 46

OPEN WITH PRAYER

GETTING STARTED: "Fact or Fiction?"

Write three things about yourself on a piece of paper which may not be known to the others in the group. Two are true and one is not. Taking turns, read out loud the three 'facts' about yourself and the rest of the group will determine which are true or false. There are always surprises!

LEARNING & APPLYING GOD'S WORD

Together, read Psalm 46 together

- 1) What does this psalm tell us about the world in which we live? What are some things that cause you to be fearful? In other words, what are some fears that seem to rise up in your life on a regular basis?
- 2) What does this psalm tell us about God?
- 3) Read verse 10. What does it mean to "be still" before God?

LIVING OUT "REAL LIFE"

- 1) Has there been a time in your life when you uniquely experienced God as your refuge and strength? Share this experience with your group.
- 2) As we begin this series of sermons on faith and fear, think of the role that fear plays in your life. On a "Fear Management Scale" of 1-10, where would you rate yourself between 1 ("I'm often paralyzed by fear") and 10 ("I almost never let fear stop me")?

SHARING AND PRAYER (Prayer Requests)

Take some time to share prayer requests, where you need to find God's grace and peace. Be sure to give thanks for each other and pray for one another's needs. When we pray together, we find the power of God.

