

Courageous Faith | Week 3

Introduction (2 minutes)

We all struggle with fear and anxiety at some point. It's part of being human. But the Bible teaches that a spirit of fear does not come from God. Instead, God gives the gifts of power, love, and a sound mind. Wimping out will be a temptation for all of us, and until we learn to take heart, we will miss out on what God has for us.

Conversation Starters (10 minutes)

- It can feel risky to share our faith with those who don't know Jesus. How do you share Jesus with others in your daily life?

Sermon Notes Review (15 minutes)

What caught your attention, stood out to you, or challenged you from this weekend's teaching?

[Watch the Video](#) (5 minutes)

- Prepare to watch the video by opening your Bible to [2 Timothy 1:7](#).

Group Discussion (45 minutes)

Starter Question from the Video:

1. Is there any area of your life where you are letting fear make the decision for you?

Scripture Observation:

2. Read [John 16:32-33](#). What does Jesus promise about trouble, and what does He command us to do in response?

Scripture Interpretation/Discussion:

3. Why is it important that Jesus says trouble is inevitable, not a sign of God's punishment?

Personal Application:

4. This weekend, Chad shared four ways to work through your fears and take heart. It's not a simple four-step process, but rather an ongoing cycle of doing the next right thing and trusting God. Choose one, some, or all four of the ways, listed below, to discuss and study further as group:
 - **Tell God How You Feel**
 - i. Have each group member choose any [Psalm](#) to read out loud.
 - ii. What feelings is the author expressing to God in the Psalms you chose?

- iii. Are there any feelings you sense God inviting you to share with Him?
 - **Accept Help from Others**
 - i. Read [Hebrews 10:24-25](#).
 - ii. How can we, as a group, spur one another on?
 - iii. How honest are we with one another?
 - iv. Are we asking one another for help when we need it? How are we helping one another right now?
 - v. Is there a step we need to take to strengthen our friendships with one another?
 - **Stop Asking Why**
 - i. Watch this [Bible Project video on the book of Job](#) (11 minutes).
 - ii. What thoughts, questions, and emotions do you have as you study this book?
 - iii. Why do you think Job is able to praise God in the end?
 - iv. Is there a “Why, God?” question you have been asking? Is it time to stop asking “Why?” and choose to trust God?
 - **Choose Courage**
 - i. Read the account of David praying for his son’s life in [2 Samuel 12:16-24](#).
 - ii. In this passage, David experiences one of the most painful experiences we can imagine, and yet he praises God. How is that possible?
 - iii. What do David’s actions reveal about what he believes about God?
 - iv. Even in his pain, David believed that his story still had more to be written, and he chose to move forward with God. Is there anything in your life you sense God asking you to move forward from and trust that the story is still being written?
5. Spend some time praying for each other. Speak courage into one another's lives to break through the fear and to take whatever step God is prompting each person to take. You may want to do this in smaller groups of 2-3, or split men and women separately.

Prayer (5 minutes)

"Jesus, thank You that You have overcome the world. Help us to take heart in the midst of trouble, to tell You how we feel, to accept help from others, to stop asking why, and to choose courage. We trust You. Help us to take the steps you are asking us to take. In Your Name we pray, Amen."

For Further Exploration

[The Bible Project](#) is a great resource for learning more about the Bible. If you are interested in studying more about the topics we discussed this week, check out these resources from The Bible Project:

[*Can We Trust God in Difficult Times?*](#) (5-minute Video and Article)

[Character of God: Faithful](#) (5-minute video)

[*Biblical Trust Isn't Blind*](#) (1-hour podcast)