



**GROUP
STUDY**

LIVE MORE FEARLESS

DIAMONDS IN THE ROUGH

PS Phil Dooley

INTRODUCTION:

Romans 8:31-39

The Bible teaches us that God has not called us to live overwhelmed by fear. The Gospel's implication on our lives is that nothing could ever separate us from the love of God. This means that we can face life and all of its joys and difficulties with utmost confidence, because in the grand scheme of eternity, my life is secure in Christ. This is the ultimate resource to fill our lives with hope and silence the destructive voice of fear in our lives.

SCRIPTURES & QUESTIONS

If we are honest with ourselves and one another, we know that this is not always the case. We often find ourselves living in the shadows of our insecurities, worrying about the future or obsessing over people's opinions of us. When we carefully examine our self-talk (the ongoing discussion that fills your heart and mind), we find that we tend to dwell on our own mistakes, stress about tomorrow, regret our failures, mull over other people's offences, desiring for someone else's opportunities and dreading our own shortcomings. It quickly becomes clear that our sinful flesh gravitates towards dearing more and living less, setting us on an opposing course to what Jesus has called us to.

We see many examples of this reality in the Bible. When Adam and Eve sinned they were filled with fear (Genesis 3:10). In Exodus 4 we see Moses responding out of fear and seemingly rejecting God's call. In Luke 22, as Peter looks on to the approaching crucifixion of Christ, he denies Jesus out of fear for the consequences. The Bible is filled with countless stories of people allowing fear to govern their lives and decision making. However, the Bible also contains a strategy to overcome fear in our lives. This strategy is found in 1 Timothy 4:12-16

Read 1 Timothy: 4:12-16

1. When we read Paul's words to Timothy in verse 12, what seems to be the fear that Paul is encouraging Timothy to address?
2. Having read verse 12, complete this sentence in your own life: "Don't let anyone look down on you because you are..." (Fill in the blank with one of your fears or insecurities)

3. Paul gives Timothy some practical habits to implement to fight his fears, like devoting himself to the public reading of scripture, teaching and preaching (verses 13-14). Given that everyone's fears are different, what are some practical habits that you can implement to overcome fear? Why do you think these habits will help you to live more and fear less?

4. Paul tells Timothy to implement these habits in two ways, diligently and wholly (verse 15). What do you believe these two qualities mean?

5. Why is it important to remain diligent and wholly with the process of fighting fear? In other words, if we are to unearth the value that God has put in us, why are there no shortcuts? What is God trying to accomplish in us by making it a transformative process?

CHALLENGE:

Take a look at which Biblical figures are examples to us in fighting fear and allowing God's will to be the only narrative of their lives? In other words, to whom in the Bible can we look as a reference to live more and fear less? What makes them such great examples? Why not apply some of their stances to situations in your day to day and watch how you can LIVE MORE + FEAR LESS.

PRAYER:

- Prayer needs for those in your group
- For our Leadership
- For our Church
- For our Nation

LIVE MORE FEARLESS

MOMENTS ARE WHAT MATTER

PS Phil Dooley

INTRODUCTION:

Ephesians 6:10-18; Luke 10:41-42; Philippians 4:6-7; Psalm 40:1; Romans 8:5-6

Our lives are made up of moments and that by living more in each moment, we will experience more of what God has planned for us and OUR responses, actions and thoughts to the moments in our lives are the only things which can stop us from experiencing God's assignment for our lives.

- Can you think of the last time you were able to truly live in the moment?
- Is living in the moment something you find easy to do or something you struggle to do?
- Why do you think living in the moment is something many people struggle to do?

This seems to be an area that a lot of us struggle with, so tonight we are going to take a look at what God says about living in the moment and what guidance He gives to help us to do so?

SCRIPTURES AND QUESTIONS:

We must choose to live in the moment and not become so caught up in the stresses of life that we miss the moments that really matter. Jesus wants us to spend time with Him. **(Luke 10: 41-42)**

Question: What can do this week to make sure that you are not missing the moments with God?

We need to have strength for the moment because we are fighting a spiritual battle. Strength for the moment is developed before the moment,

Question: Read **Ephesians 6:10-18** , and discuss how you can make Decisions to live fearless in every moment.

Think well in each moment.If we get our thinking right, we can move forward in our lives and into what God has in store for us. We must let the Holy Spirit into our hearts so that He can challenge our way of thinking. We do this through prayer. **(Romans 8:5-6)**

1

We live in a self-obsessed world that wants everything now, a world that does not value patience. We have a fear of missing out (FOMO).Trust God in each moment, He is in control. **(Psalm 40:1; Philippians 4:6-7)**

THE CHALLENGE:

Discuss practical steps we can take to learn to live in the moment, be prepared for the moment, react appropriately in the moment and trust God in the moment, i.e., strengthening our relationship with God by spending time with Him -- prayer, study (Bible, church, reading), worship, obedience.

In happy moments praise God, in difficult moments seek God, in quiet moments worship God, in painful moments trust God, in all moments, thank God.

PRAYER:

- Our Nation
- Our Church
- Our Leaders

2