

Message-based Study

Connection

What was an impulse purchase you made, that you instantly regretted?

Content

"Fear is fueled by focus".

What do you think or feel when you read that statement?

Four Steps to Take When You are Faced with Fear:

Ask yourself a question.

1. Read Psalm 27:1. If we know the Lord is our "light and salvation" why do we still "tremble" and have fear?
2. Notice the questions the Psalmist asks himself in this verse. When faced with something fear-inducing, we can ask ourselves questions to bring clarity. Walk through that process with something from your recent experience that made you fearful, asking these questions:
 - What has happened?
 - Do I have to be afraid?
 - What do I know about God?

Tell yourself some truth.

3. Read Psalm 27:2-4. How can you include God in your fear?
4. Read Psalm 27:5-6. These verses say that God will lift you above your circumstances and set you "high upon a rock".

When in your life have you seen this truth first hand?

Commit yourself to prayer.

5. Read Psalm 27:7-8. Notice here that God wants us to come and talk to him.

Do you have a place/time of solitude for you to talk to God? If so, share about that.

When you are faced with fear is it easy or difficult for you to go to God in prayer?

6. In Psalm 27:9-10 David is saying how badly he needs God, for he knows that God can NOT fail him.

If you don't mind sharing, when has someone failed you and how was God there for you?

Set yourself toward refocus and resolve

7. In Psalm 27:13 David makes a faith-filled statement. When we are faced with fear, refocusing has to do with seeing clearly. We see most clearly what we focus most intently on.

What does it feel like when we focus on FEAR?

What does it feel like when we focus on FAITH?

Commitment

8. Read Psalm 27:11-14, looking for the things we should resolve to do in the midst of our fears. List these here:

What is one step you should take in the midst of the fears you are facing right now?



Begin with prayer. Listen with care. Eat / Engage with another. Serve. Share your story.

This week, **Share your Story** with a person in your life who needs Jesus' love. Begin today with this tool of how to B.L.E.S.S. them.

Would you like to give any updates to the group on someone you have shared about in the past?