

RESILIENT

Big Idea: Fear is common to us all. Certain aspects of fear are healthy and good, but more frequently, unchecked fear or poorly managed fear does more harm than good. God cares about our fears and the negative impact they can have on us.

Instead of thinking about getting rid of fear, perhaps it's helpful to think of being "resilient believers" when fear presses on us. The Apostle Paul reminded Timothy, his younger son in the faith, about his need to be resilient in 2 Timothy 1:6, 7 and his words are instructive for you. Paul wants you to understand that there's a battle around you (threatening external circumstances) and a battle inside you (fear that might bring insecurity and intimidation). To fight these battles, God has put His Spirit and His Word within you and made resources available to you—His power, love and a sound mind!

2 Timothy 1:6,7 (NIV) *For this reason I remind you to fan into flame the gift of God, which is in you through the laying on of my hands. ⁷ For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.*

Discuss It:

What are some of the dangers of allowing fear to lead (and control) your life? How do you typically respond in moments of fear?

Read: 2 Timothy 1:6-7 - Why do you think never gives us a "spirit of fear"? This verse also shares that the Holy Spirit does give us "power, love and self-discipline." How do these qualities help us combat fear practically?

Read: Psalm 1:1-3 - This weekend Pastor Dale shared that the ability to be resilient is partly determined by the voices you listen to. Who do you think are the right "voices"? What can you do to intentionally focus on (and surround yourself with) the right people?

Read: Ephesians 6:17 - At times we can be our own worst enemy by generating our own world of fears. What weapons has God given us to combat these thoughts and fears? How do you use them effectively and consistently?

Read: Romans 8:37-39 - One of the points shared by Pastor Dale was: **There's a gift within you.** What are some of the gifts that God has given all of us that can strengthen us and make us resilient in times of fear? (*Some of those gifts include: The Holy Spirit, God's Word, praise, and the spirit of prayer.*)

How does love help us move out of fear and towards boldness? How can you know that you are operating in love during times of fear?

What role does resilience play in combating the fears of our present day?

Pray About It:

Ask your group what are some fears that they are currently facing. You can ask a few members of the group to pray aloud for the fears that were shared. Close the time of prayer declaring victory over fear, praying for courage in this time and for the opportunity to demonstrate God's love to others.

Close by sharing **Romans 8:37-39**: Know, in all these things we are more than conquerors through him who loved us. **38** For I am convinced that neither death nor life, neither angels nor demons,^[a] neither the present nor the future, nor any powers, **39** neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.