

PEACE IN / PEACE OUT

LESSON 5 // FIGHTING FEAR

Big Idea: Stress is a part of life. To handle stress the right way we must learn God's way to manage it. In Psalm 23, David provides wonderful guidelines for handling stress God's way.

David understood the stress caused by fear. As he traveled through his "valley of the shadow of death," he realized that his greatest enemy was not the valley, but fear. To fight fear, we must have a better understanding of our valleys and what our Shepherd promises to do for us as we walk through them. These dark valleys are temporary places of transition where God trains us to trust His presence, promises, protection and prodding, and to actively fight fear by His power.

Psalm 23:1-4 (NIV) *The Lord is my shepherd, I shall not be in want. ² He makes me lie down in green pastures, he leads me beside quiet waters, ³ he restores my soul. He guides me in paths of righteousness for his name's sake. ⁴ Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.*

Start Talking:

- What is one thing that you were afraid of when you were younger that you are no longer afraid of anymore?
- As an adult, when you face fears is your typical response "fight" (face fear head-on) or "flight" (avoid facing the fear)?

Start Thinking:

- In Psalm 23 David mentions walking through the "valley of the shadow of death" and he writes that he will fear no evil. Why do you think God allows us to get into valleys in different seasons of life?
- This weekend Pastor Dale shared that valleys are places of transition. What does this mean to you? Can you share a time where you walked through a valley and how you transitioned?
- **Read Hebrews 13:5-6, Psalm 119:50.** We will all face valleys, but when we are in them, we must learn to trust God and His promises. What are some ways that we can grow in our trust in God?
- **Read Ephesians 6:16-17.** To defeat fear, we must **actively fight fear**. How does the armor mentioned in the book of Ephesians help us to win that fight?

Start Praying:

Read Joshua 1:9 & Isaiah 41:10 and 2 Timothy 1:7. Ask group members to share (if they are comfortable) what is a fear that they have been battling recently. Feel free to lead this closing time of prayer, you can also ask everyone to pray for one other person aloud during this time.

Start Doing:

- Every time you are facing a fearful moment this week, pause, pray, and pick one person to encourage with a call or text.
- Attend church online this coming weekend - <https://church-redeemer.churchonline.org>. If possible host a watch party over Facebook and be part of service with your group.