

Supplemental Scriptures

Matthew 8:23-27 Then he got into the boat and his disciples followed him. Suddenly a furious storm came up on the lake, so that the waves swept over the boat. But Jesus was sleeping. The disciples went and woke him, saying, "Lord, save us! We're going to drown!" He replied, "You of little faith, why are you so afraid?" Then he got up and rebuked the winds and the waves, and it was completely calm. The men were amazed and asked, "What kind of man is this? Even the winds and the waves obey him!"

Matthew 10:28-31 Do not be afraid of those who kill the body but cannot kill the soul. Rather, be afraid of the One who can destroy both soul and body in hell. Are not two sparrows sold for a penny? Yet not one of them will fall to the ground outside your Father's care. And even the very hairs of your head are all numbered. So don't be afraid; you are worth more than many sparrows.

Matthew 14:22-27 Immediately Jesus made the disciples get into the boat and go on ahead of him to the other side, while he dismissed the crowd. After he had dismissed them, he went up on a mountainside by himself to pray. Later that night, he was there alone, and the boat was already a considerable distance from land, buffeted by the waves because the wind was against it. Shortly before dawn Jesus went out to them, walking on the lake. When the disciples saw him walking on the lake, they were terrified. "It's a ghost," they said, and cried out in fear. But Jesus immediately said to them: "Take courage! It is I. Don't be afraid."

John 14:1 "Do not let your hearts be troubled. You believe in God; believe also in me."

John 14:27 "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."

Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast, because they trust in you."

Deuteronomy 31:6 "Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you."

2 Timothy 1:7 "For God has not given us a spirit of fear, but of power and of love and of a sound mind."

2 Corinthians 5:7 "For we live by faith, not by sight."

Set Free – Ron Marsh

March 22, 2020

Breaking the Stronghold of Fear: 2 Corinthians 10:3-5

Stronghold: A prisoner trapped by _____

A confusing command: " _____ "

Information + _____ can produce fear

*Fear is the result of our ability to gather information and make _____ about our future.

1. Two types of fear: _____ & _____

2. The _____ of fear

- Fear breeds fear and _____ us
- Fear clouds _____ and attacks our devotion to God
- Fear redirects _____ and steals our joy

*Fear fades when God's presence _____

3. The _____ to fearing less (A.I.R.)

*Believe your way to _____ don't feel your way to beliefs

- _____ God and move towards Him
- _____ on His faithfulness and choose to respond in faith
- _____ consistently and _____ His promises

Application:

- _____ 10 minutes everyday
- _____ God's word in your day

Life Group Ice Breaker

1. On a scale from 1 to 10, how fearful are you? When fear comes your way, what is your go-to coping mechanism?

Discussion Questions

2. Regarding this sermon, is there any truth that stands out as being particularly helpful, insightful or difficult to grasp?
3. During this time of “sheltering” due to the pandemic, what gives you the most fear?
4. Read Matthew 8:23–27. If you could summarize the point of this story in one sentence, what do you think the authors are trying to get across?

5. Read Matthew 10:28–31. What are some things people fear that can “kill the body but cannot kill the soul”?

Application Questions & Prayer

6. When it comes to battling with fear and projecting into the future, what’s the lie that usually accompanies the fear? What truth from God’s word can you replace it with?
7. “Fear fades where God invades”. This week, what can you do in your heart and in your home to invite and cultivate God’s presence?
8. Find a promise or several promises in God’s word that can replace the lies of fear. Find a creative way to put them in front of you everyday this week. Challenge yourself to memorize one or more.