

Sept 4th, From Fear to Freedom
Part 4 in the series 'Thinking for a Change'

What were some things from Sunday's message that resonated with you?
Was there anything you wrestled with?

How can our beliefs affect our emotions, actions, and bodies?
What is fear?
In what ways is fear a thief?
What positive qualities does a person's fear reveal about them?

What is exposure?

Ephesians 4:26
Be angry and do not sin; do not let the sun go down on the cause of your anger.

How can one be angry without sinning?

Read Joshua 1:9
9 Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go."

Why does God command us to not be afraid so often?
How does this verse help us to not be afraid?

Prov 27:12
A shrewd person saw danger—he hid himself;
the naive passed right on by—they had to pay for it.

Do you think it is a sin to be afraid? Jesus teaches us not to worry, is there a difference between worry and fear?

Prov27:1
Do not boast about tomorrow;
for you do not know what a day may bring forth.

How can knowing this help us to be less afraid?