



FOUR FEARS

Fear of the Unknown

MAIN THING

Faith is Assurance About What We Do Not See

SCRIPTURE

Hebrews 11:1, Matthew 6:25-34

ICEBREAKER

Do you know someone who is a worrier? Do they seem to always be anxious? Are they fun to be around? Can their worry be comedic at times? Frustrating?

OPENING THOUGHT

When we fear the unknown, two things happen. We get stuck in meaninglessness and we fail to create our own stories. We wind up stuck in old patterns of behavior, never living and never having lived. Many people will come to the end of their lives and realize that they did neither what they should have done nor what they even wanted. When we are faithful to what we are to do in the present, the future largely takes care of itself. What happens in the future is greatly contingent on what we do TODAY.

DISCUSSION QUESTIONS

1. What was one thing that stood out to you from this weekend's message?
2. Read Hebrews 11:1. When you talk about faith, is this what you believe? Why is faith about trusting in what you cannot see? Is this hard for us? Why? In today's society, does this make any sense at all?
3. Stress is a word that has become HUGE in today's society. We are "stressed out" over our jobs, our finances, our families. When you really get to the root of it, stress is really just another word for worry. Read Matthew 6:25-34. What does Jesus say here about worry? Does worry benefit us? Does worry do the opposite? Why should we not worry?

LIFE APPLICATION

This week, when life gets difficult, calm down and don't worry. For most of us, we have a very temporal mindset. In other words, we only focus on right now, and we struggle to see the big picture. When worry steps in, step back and take a bigger look. Many times, the things we are worried about are actually much less of a problem than we think they are. Even when it is something that is legitimate, we can still trust that God will do what He said He will do in the end. Remember, this life we live is like a vapor. It's here one second, and it's gone the next. Our present worries pale in comparison to the hope we have in eternity.

CHALLENGE

Worry, in a group setting, can also manifest itself into something really ugly; gossip. We're worried about someone who isn't doing what they should be, so we share it with others, and the spin begins. We get into prayer request time, and we use that as our excuse to tell things that we have no right to tell. Gossip isn't lying. Gossip is talking about others and situations that can degrade, distort, or disavow the value of another person. Make sure that conversations in your group always steer clear of these conversations. Worry can be very dangerous, and worry that leads to gossip can be toxic.