

**LEADER'S COPY: Mar/Apr Elective—Running Scared
(Fear, Worry, and the God of Peace)**

Teaching/Leading Discussion: Sandy McCormick, Josh Luffman

Survey completed?

Overview of the Four Sessions

March 5>Introduction, Sandy

March 12> Defining & Identifying Fear/Worry, Part 1 Josh

March 19—Defining & Identifying Fear/Worry, Part 2 Sandy

March 26—Defining & Identifying Fear/Worry, Part 3 Sandy

April 2—The God of Peace, Part 1 Josh

April 9—The God of Peace, Part 2 Josh

Suggested Resources—“Running Scared” by Ed Welch, “Anxiety Attacked” by John MacArthur; “Overcoming Fear, Worry, and Anxiety” by Elyse Fitzpatrick, “Spiritual Depression” by D. Martin Loyd-Jones, “The Practical Works of Richard Baxter, Vol. 1 A Christian Directory,” conservative Study Bibles such as the ESV and John MacArthur

March 5 Discussion

Inappropriate and Appropriate Fear

Matt 10:28, Luke 12:4-5

Don't fear man. Do fear God.

Why? Temporary Harm vs. Eternal Judgment

When I worry, I should be identifying something.

My worry tells me what I value. Sometimes it takes losing it.

Lessons from the Life of Joseph

Gen 37:5-10 What were the circumstances?

Sharing dream leads to jealousy of siblings and rebuked by his father. v 10

What were the consequences?

If you were Joseph, what fears or worries might you have?

Joseph gets his life completely changed. According to 39:2, where was God?

Joseph is falsely accused, loses his job, and heads to prison. 39:7-19
If you were Joseph, what fears or worries might you have?

According to 39:20b-23, where was God?

In God's big story, how did God eventually use Joseph?

Lessons from Joshua (Joshua 1)

What are Joshua's new responsibilities?

If you were Joshua, what fears or worries might you have?

In vv 6-9, how many times does God command Joshua to be strong and courageous? 3

Why wouldn't people be able to succeed against Joshua? What promise did God give Joshua in v 5? His presence and acting on Joshua's behalf.

In v 9, how did God assure Joshua and help him avoid paralyzing fear or discouragement? His presence and acting on Joshua's behalf.