



Purley Baptist Church

Discipleship Guide 26th Sept 2021

Recalibrate 3: Facing our Fears - John 16:33

This Week's BIG IDEA: For the past 3 weeks we have been looking at the series RECALIBRATE after 18 months through covid and various lockdowns. Continuing in this series, where we looked at, lamenting our losses through Ps 42, celebrating our freedom in Jesus through Ps 126, this week we were offered a very helpful and insightful spiritual guide on "facing our fears" through the peace and presence of God. Bible encourages us to live lives marked by courage and peace through God's compassion, and with the assurance that the **Lord is near**, we are to start thinking away from the destructive cycle of Anxiety, Exhaustion and Depression.

CONNECT IN: Icebreaker Question:

Talk about a time when you felt Lord is near and how that has helped you to overcome the situation as an encouragement to your group

CONNECT UP:

Jesus before quoting John 16:33 knew about the anxiety his disciples would face, anxiety of being left without their leader and fear from the authorities. God knows our anxieties and his first response towards us is compassion. He loves us and wants to help us through our fears.

Fix your eyes on God and give him an opportunity to speak to you through his Word

Read John 16:33

1. How does it make you feel that Jesus knew of his disciples' fears (and ours) and prepared them through it (read John 14:1, 14:16, 14:27, 16:20, 16:22, 16:33)
2. James listed a few things that make us anxious - health, social and personal relationships, finances, global warming, media etc and contrasted the 2 kinds of responses - a proportionate response and a fear response. Our response to anxiety a lot of times is through controlling things and compulsive information gathering leading to

exhaustion and depression . How does King David exemplify a proportionate response (read Ps 131, Ps 136: 2, 3, 7, 11, 12,16,17)? What can we learn from him?

3. When people are anxious, they ruminate on the situation or the news and get into a downward spiral. Paul is asking us to ruminate on good things, Read Phil 4: 4-9. Through this passage, what should be our response to anxiety?
4. James listed a few things we can do from a spiritual perspective to overcome our anxiety and fears:
 - a. "Lord is near" - reflect on this statement (read Acts 17:28)
 - b. Meditate and reflect on the goodness of God and the life he has given you (Ps 23:6, 2 Pet 1:3, Ps 145:3-5 and any others you can remember). Give a brief testimony of God's Goodness in your life to your group.
 - c. Spend time in the word of God - Ps 119:105
 - d. Meditate on things that are encouraging, good and noble - phil 4:8
 - e. Make use of resources like worship music, scriptures, daily devotions and christian books - as David says in Ps 119:107-109, let us offer praise and worship to our Creator and learn from His word.
 - f. Meet other christians, go to prayer meetings, find a companion who you can share your life and faith - (read Acts 2:42 and quote any other scriptures that your group can remember to encourage each other towards fellowship)
 - g. Write down what you are feeling and bring your concerns to God
 - h. Make proportionate faith filled decisions
 - i. Know yourself, self-awareness is the key, and know the people around you so you can help them in their anxieties.
 - j. Seek Medical and Spiritual Help - *Illness can take your life away but anxiety can take your life away while you are healthy- Naomi Collins.*
 - k. Wait upon the Lord, spend time with him in prayer, be strong and take heart and wait for the Lord - Ps 27:14

PRAY:

- **Thank God for the Purley counselling services and pray that people who seek these services will be blessed by it.**
- **Thank God for our church pastors who we can approach for advise. Pray that their counsel is led by the Holy Spirit God.**
- **Pray for the people you know are going through anxiety, grief and fear especially during these last 18 months. Pray that God will meet us in our fears and carry us through.**
- **Pray for World peace and for the millions of disrupted lives and the fears and anxieties they are going through.**
- **Pray for the government to take control of the current crisis with logistics and for people to overcome the fear of shortages resulting in panic buying.**
- **Pray that we spend more time in God's word and in fellowship and meditate on the good things.**