

OVERCOMING FEAR

For the week of April 26, 2020

John 20:19-23

Full message available at highpoint.church/currentseries

GOAL: TO OVERCOME FEAR BECAUSE OF JESUS' PRESENCE.

GET GOING:

- What are the top three activities on your “post COVID” bucket list?
- What is a movie, song, book or (personal) story that displays a person moving from “fearful to fearless?” Why does that particular story speak to you?
- “Our fear can be helpful and healthy--it is an emotion that helps us assess what is transpiring within us and around us.” How did your childhood and upbringing talk about and address fear? Was it viewed as helpful and healthy? Or, what is viewed as childish and unnecessary?

KEEP GROWING

- The word “peace” in John 20:19 is found multiple times in the New Testament. Read Luke 8:48, Luke 11:21 (ESV translates “peace” as “safe”), and Luke 14:32. How do these three verses shine a new light on what Jesus meant when He says, “Peace be with you” in John 20:19? How have you experienced God’s presence and His peace personally?
- Based on this weekend, understanding something intellectually is different from experiencing something personally. How have you experienced overcoming fear as you’ve relied on God’s power exclusively? Was there a moment of choosing to trust in God when the future was unknown (Matthew 6:33), stepping out of your comfort zone (Isaiah 6:8), letting go of a grievance (Romans 12:19), having a hard conversation (Ephesians 4:15)...?

- With the uncertainty around us, God's Word reminds us that "I can overcome fear as I trust in God's promises completely." Read Isaiah 41:10, 2 Corinthians 9:8, Romans 8:28-32, and 2 Corinthians 1:20 out loud to yourself, with your family, or with your group, as a way to encourage one another. Which verse speaks to you most loudly?
- Brennan Manning writes, "Suffering, failure, loneliness, sorrow, discouragement, and death will be part of your journey, but the Kingdom of God will conquer all these horrors. No evil can resist grace forever." What encourages or challenges you about this quote?

BONUS CHALLENGE

Based on John 20:11-18, write your own poem. How many stanzas would it include? What truths would you want to focus on?

MEMORY VERSE

"Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand" (Isaiah 41:10).

