

SERMON DISCUSSION GUIDE

ANCHOR OF MY SOUL

MARCH 15, 2020



ICEBREAKER: What are you doing at home while we live in a world of “social distancing”?

ICEBREAKER: Do you see similarities between the situation with the Corona virus and Harvey in how you or others feel?

READ: Isaiah 41:10

QUESTION: What is the difference between healthy and unhealthy fear? What are some unhealthy responses to fear?

QUESTION: What things bring out fear in you?

QUESTION: What things did people in Bible times have to be afraid of?

READ: Luke 12:22-26 (NLT) and Philippians 4:6-7

QUESTION: What challenges or encourages you from these verses?

Patrick said: *The reason fear is not the best decision-making paradigm is because we find ourselves making choices based on what will MAKE US FEEL BETTER, or less anxious, and that is*

not always the wisest thing - it's just the most comforting thing.

QUESTION: Why do we make decisions out of fear (if feels right because our fears superficially diminish)

QUESTION: What does God want us to do instead? (exercise our faith by praying, asking for wisdom, not worrying)

READ: II Timothy 1:7

QUESTION: What was the context this verse was written in? (Paul was writing to Timothy who struggled personally with fear. Lots of persecution of Christians)

QUESTION: What would having faith over a spirit of fear look like for *you* as we all walk this thing out?

READ: Hebrews 6:19

QUESTION: Why do you think Paul used a picture of an anchor? How is faith an anchor in times of uncertainty?

PRAYER: What is causing fear in you this week? How can we pray for each other?

PRAY: God we need you. This is hard. Thank You that You are with us. Help us trust You in all the unknowns and give us Your peace. Show us how we can help others during this time when so many people are afraid. In Jesus' name, Amen.