

## GETTING TO KNOW YOU:

1. If a movie or a TV show gets scary, what do you usually do and why?

## LOOKING BACK:

We are in our third week of BSAC (Be Strong and Courageous) series of messages. Four times in the first chapter of Joshua the phrase/command "Be strong and courageous" appears. The Israelites had every reason to be afraid as they were called to cross the Jordan River and possess the Promised Land. There was the danger of the crossing itself. But that did not compare to the fortified cities and the giant type people that awaited them on the other side. Regardless, the command was the same, BSAC. On Sunday, one of the questions Dale asked was: What is your Promised Land? What is the place of victory and blessing in your life? To get there will not be a matter of "trying" to do something. It will be a matter of our faith versus the fears that we face. We must Be Strong and Courageous so we can overcome fear, doubt and discouragement.

2. Can you recall a time in your life when you were really afraid? The type of "afraid" that makes your muscles tense, affects your speech or makes you want to run?

## DIGGING DEEPER:

Verse: Joshua 1:2-11

Fear and faith are 2 forces that both have the power to create something out of nothing. Fear and Faith have never met. It's either fear or faith in the room – they can't be in the same place....

3. Discuss these truths (above) together as a group. What does fear look like? What does faith look like? What is the relationship between fear, faith and God's plan for your life?

Fear is paralyzing. In light of that, isn't it interesting that numerous times in scripture God gives a "do not be afraid" command? Dale shared 5 ways to win the battle of fear and faith battle...

**1) Fix your eyes on Jesus 2) Cling to God's Word(s) 3) Confess your weakness 4) Embrace His strength 5) Be Practical** - take a nap or a walk in nature, eat, hang with an encouraging friend, see it for what it is ("Aha!")

4. How do you confront fear and discouragement? How can you put yourself in a position to receive His strength?

## TAKING IT HOME:

Look and respond this way:

1. Receive God's strength.
  2. Receive God's courage.
  3. Expect fear.
  4. Expect discouragement.
  5. Move out in obedience => "Do what God tells you to do"
5. What is your Promised Land? What is the place of victory and blessing in your life? Where is God asking you to step out of your comfort zone- to "BSAC" and walk in faith with him?

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- **Wednesday Nights** Join us at Peoples Church for our ongoing classes and Bible Studies for adults, youth and children on Wednesday nights at 7p