

Whose side are you on anyway?

NOTES

Scripture: Joshua 1:1-9, Joshua 5: 13-15, John 14:15-17, 2 Timothy 1:7

REVIEW AND INTRODUCTION

1. Looking back over your notes, what did you find most helpful, challenging, or interesting in this week's teaching? Was there anything you've never heard before or something that made you think differently?

MY STORY

1. The definition of fear is "an unpleasant emotion caused by the belief that someone or something is dangerous, likely to cause pain or a threat." What do you fear? Why?

2. What are some appropriate fears you have or can think of? What are some fears you have that aren't so useful or helpful?

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3. When our emotions take over, we end up in trouble. How have you experienced this in your life?

4. What is your gut reaction to the question "who is in control?" What does it mean to be in control? What in your life do you think you can and do control?

5. Does it worry you to think that you're not in control of something?

6. How does the recognition that God is in control and you are not help you to obey God in the midst of your fear?

7. What specific actions or steps does it take for you to obey God and overcome fear (i.e., learning and memorizing scripture, remembering the character of God, prayer, walking with other followers of Jesus, etc.)? Are you practicing obeying God instead of being fearful? How do these practices help you overcome fear? What have you seen happen in your life as a result of you obeying or disobeying God in these ways?

DIGGING DEEPER

Read through these guiding scriptures and answer the corresponding questions.

Read Joshua 1:1-9 and 2 Timothy 1:7

1. Chris asked you to put yourself in Joshua's shoes for a minute. Do you think you would have been fearful in his situation? Why or why not?

2. How did God speak into Joshua's fears? What does that mean for you?

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3. What does the account of Joshua teach us about control?

4. Does any verse in particular in this account of Joshua speak to you? Which verse and why? How will you apply that verse going forward?

5. In 2 Timothy 1:7, we're told that God doesn't give us a spirit of fear but rather one of power, love, and sound judgment. How do you see fear as being the opposite of power, love, and sound judgment?

6. In this account, God commanded Joshua to be careful to obey God's word. How does obeying God's word relate to courage and fear?

7. After reading these two sections of scripture (Joshua 1:1-9 and 2 Tim 1:7), what is God telling you about fear and courage? What will you do with that?

BRINGING IT HOME

1. God tells us over 250 times throughout the Bible to not fear or be afraid. That's a pretty good indicator that not living in fear is something God wants for us. How can someone actually live out not fearing or being afraid? How are you personally doing with that?

2. Chris gave five examples of types of fear in his sermon (paralyzing fear, prepper fear, phobia fear, physiological fear, and hyper fear). Based on those examples, he then said, "Fear in the way we are talking in this series is when our response to fear triggers becomes counterproductive due to past emotional trauma, mental breakdown, chemical imbalance, spiritual attack, or overwhelming environmental stimuli. Seriously consider these types of fear and your personality. Do any of the types of fear Chris described resonate with you? Would you say you struggle with this kind of fear? Is it an issue that affects how you live your life? How do you know it's an issue? What can you do about that?"

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3. Chris told us that the problem isn't so much fear itself as it is how we assess and respond to fear. Spend some time asking God to search you in response to that statement. How do you assess fear triggers? How do you respond to those fear triggers?

4. "Courage is the resistance to fear, mastery of fear, not the absence of fear." Do you believe this? Do you think of yourself as courageous? Can you think of a situation where you exhibited courage based on this definition? What made you courageous in this situation? Have you ever thought of what role God played in your courage in that situation? How can you use that example to help you be more courageous in other situations?

5. What specific lessons can you learn from Joshua's example?

6. What do you think the connection is between not being afraid and obeying God? Why does God tie the two of these together? How do you see obedience to God leading to you being able to be courageous?

7. Have you ever considered the scenario Chris laid out - that while God loves us and sent His son to die for us, He is not on our side, but He calls us to be on His side? What does it mean to be on God's side?

8. The secret to victory over fear in your life is to be on God's side. Are you on God's side? How does being on God's side lead to you having courage in a fearful situation? Give some examples of why you answered this way.

9. If you don't believe you are on God's side, what's keeping you from surrendering to Him? Talk this over in your group. Pray for one another in this.

Your Next Steps are: 1) Memorize Joshua 1:9. **2)** Make the choice to be on God's side every single day (multiple times a day if you need to keep reminding yourself). **3)** If you're trying to walk out life by yourself and not in the company of other followers of Jesus, make it a priority to find community with other Christians. One place to start is to join a Life group: <https://www.vineyardwheeling.com/life-groups>