

FEARLESS

Embracing A Courageous Faith

Week 5: Fearless About Health by Pastor Lester Zimmerman

March 6, 2016

Starter Questions: [10 min]

- I feel the healthiest and most fully alive when...
- The biggest struggles for health that my family have been facing are...

Declaration Time: [5 min]

Scriptural declarations can be powerful. They affirm God's truths. They affirm God's presence in the midst of our hardships. They resolve our faith, and change our way of thinking. And they can change reality itself.

Begin your group time by declaring these promises together over your health and wellbeing. [Click here.](#)

Discussion Questions: [60 min]

1. Which of these declarations are most impactful for you right now? How so?
2. Do you find it difficult to believe in these promises that you are declaring? If so, why?
3. Many of us have experienced those times when we thought God was going to heal someone and He didn't.
 - ? – What do you think should be our response when God doesn't heal people?
 - ? – How do you maintain faith in God's willingness to heal, and the resolve to pray and contend for healing, after experiencing disappointment?
4. On Sunday Pastor Lester shared about the difficulty of his father passing away.
 - ? – What has been your experience with death?
 - ? – Is there a part of death or grieving that you are especially anxious about?
 - ? – Have you ever witnessed or experienced the unique grace that God gives to his children through the dying and grieving process?
5. As Christians we should have a healthy view of death, and a longing for heaven. **Read Revelation 21:1-8 & Revelation 7:16-17.**
 - ? – What do we learn about heaven from these two scriptures?
 - ? – What do we learn about God's activity and God's personality in heaven?
 - ? – How does this scripture give you hope and calm your fears?

? – What or who are you looking forward to in heaven?

6. On Sunday Pastor Lester said “Living Fearlessly means we are spiritually prepared to meet God.” If so, what are some next steps you could take to continue preparing for your encounter with God?

Is this group interested or open to the idea of continuing to meet through the rest of the Spring Term (April-May)? If you need to, take a week to consider it. Then, next week, when you’ve made a decision, let the Small Group Leadership Team or Pastor Brian know what you decide to do.

Declarations: [5 min]

- The Lord is my healer. For he has said...
 "I am the Lord, who heals you." Exodus 15:26

 I am the Lord "who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's." *Psalms 103:3-5*
- Jesus is my source of life. For he has said, "I have come that they may have life and have it abundantly." *John 10:10*
- The Apostle Matthew witnessed Jesus' willingness and power to heal. "People brought to (Jesus) all who were ill with various diseases, those suffering severe pain, the demon-possessed, those having seizures, and the paralyzed; and he healed them. *Matthew 4:24*
- God promised an abundant life to those who follow his commands, decrees and laws. For he has said, "you will enjoy a long life...(and) all will go well with you." *Deuteronomy 6:2-3*
- "The LORD is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul." *Psalms 23:1-2*
- When I am sick I can call upon the Lord. For the scriptures say, "I called to you for help, and you healed me. You, LORD, brought me up from the realm of the dead; you spared me from going down to the pit." *Psalms 30:2-3*
- Even in sickness and death the Lord takes care of us. For the scriptures say...
 "Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me." Psalms 23:1-3

 "The wicked are crushed by disaster, but the godly have a refuge (even) when they die."
 Proverbs 14:32
- As followers of Jesus, we share in his victory over death, for it is written, "Whoever believes in him will not perish but will have eternal life." *John 3:16*