

# I DECLARE WAR



**Community Group Discussion: 08.09 - 08.30**

## I Declare War

*Whether you recognize it or not, you're at war with yourself. There's anxiety. Selfishness. Self-sabotaging tendencies. Narcissism. The black dog of depression. It is war, but all is not lost. You can win — if you choose to engage. Begin to fill your heart with truth and stop being your own worst enemy.*

## Group Discussion

*Main Text:*

*Matthew 14:22-33*

*Additional Text:*

*Isaiah 26:4, James 1:17, Hebrews 13:8, Psalms 42:11*

*Before diving into the questions, read the story in Matthew 14:22-33.*

1. Fear comes out in different ways for different people. It can result in worry, anxiety, or even anger. How does fear most express itself in your life?
2. There is healthy fear that helps us stay safe and make good decisions. And there is unhealthy fear that is overwhelming and unhelpful. Unhealthy fear happens when we detach it from hope. What's an example of a healthy fear in your life? What's an example of an unhealthy fear in your life?
3. "The invitation to walk by faith is an invitation to step into your fears." When was a time that you had to step into one of your fears? How did it go?
4. Read Isaiah 26:4, James 1:17, and Hebrews 13:8. The stability of your life will always be determined by the stability of whatever or whoever you trust the most. Have you ever put your trust in the wrong person or wrong things? How did it go? Are you currently trusting something or someone in your life more than Jesus?

5. There is a connection between your peace and your practice. Are there things you're doing on a daily basis that are facilitating results and worries you don't want? What daily routine can you develop to help you focus on the promises of God more than your problems of the day? (For example, daily Bible reading)
6. Read Psalm 42:11. We can't control all the things we have to walk through, but we can control who we focus on. How does worship help us in the battle with fear?

## **Next Steps**

What is God saying to you through his word?

What are you going to do about it?

When?



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