



At the Movies

Week two - "Inside Out 2"

Exodus 3 and 4, 2 Timothy 1:7

Bottom line: God gives us the ability to defeat fear and anxiety in our lives when we trust and surrender to Him.

Idea: Watch the movie on your own or together, and then discuss as a group when you meet.

How did you feel about the idea that "fear is faith in the wrong things"?

Read 2 Timothy 1:7. Where does fear come from? Why do you think power, love, and self-discipline (or a sound mind) are alternatives to fear?

If what you fear the most reveals what you value the most, then what do you value most?

If what you fear the most reveals where you trust God the least, then where do you trust God the least? How do you think you came to lack trust in these areas? How might you choose trust and surrender to defeat the fear and anxiety?

With your group now and as you spend time with God each day this week, ask Him to show you where He'd like more trust from you. Pray Richard Foster's Prayer of Surrender now as a group and perhaps commit to recite it each morning.

A Prayer of Surrender, Richard Foster

Today, O Lord, I yield myself to you.

May your will be my delight today.

May your way have perfect sway in me.

May your love be the pattern of my living.

I surrender to you my hopes, my dreams, my ambitions. Do with them what you will, when you will, as you will.

I place into your loving care my family, my friends, my future. Care for them with a care that I can never give.

I release into your hands

my need to control,

my craving for status,

my fear of obscurity.

Eradicate the evil, pacify the good, and establish your kingdom on earth.

For Jesus' sake. Amen.