

Sermon Notes



“Inside Out: Fear”
October 14th, 2018

While we deeply value our time on Sunday mornings, we recognize that unless we are spending intentional time with God and others throughout the week, we are not living out our full potential as disciples. This sheet aims to provide you with enough content connected to the central themes of the sermon to be engaged beyond Sundays. We believe a disciple of Jesus is one who is individually, communally, sacrificially, and missionally engaged in his or her faith. If you need assistance in getting plugged into a group or have further questions about the discipleship process, please reach out to our Discipleship Pastor, Mike Barnes or Pastor Pete.

Reflection Questions (please use these individually or in groups)

Sermon Questions:

1. When you feel fear rising in you, are there people in your life you can call on to support you and speak hope to you?
2. Do you tend to overreact to minor problems? What kind of fear might reside in that sort of response?
3. Are there layers of things in your life that are overwhelming you? Name them. List them. Identify them so that they may begin to lose power over you.
4. Is someone in your life in the middle of a storm? Get “in the boat” with them and remind them that Jesus is “in the boat” with them as well.

Additional Questions:

5. Often times, we put ourselves in “fearful” situations by surrounding ourselves with chaos. What chaos are you creating or surrounding yourself with?
6. Fear and anxiety can be crippling. It is not something that is “wrong with us” but something some of us naturally face. How might reaching out for help (friends, family, or a professional) be able to ease those fears and anxieties? Remember, it is not a sign of weakness to seek help, but it is courageous!

Devotional Reading & Inward Reflection

- **2 Kings 6:8-23** | What is the significance in Elisha asking the Lord to “open the eyes” of these people? Do we need our eyes opened to what God is doing around us?
- **Mark 6:45-56** | What does it mean to you that in the biggest storms you face, Jesus is right there in the midst of it all? Jesus never leaves us, but rather suffers with us.
- **Proverbs 3:1-35** | One of the narratives that flows through Scripture is the imperative to treat our neighbors with love. How might we gain “wisdom” from loving and caring for those around us? Even those who look, think and act differently than we do?
- **Exodus 3:1-22** | The story about Moses and the burning bush tells us that even when we feel insecure or incomplete, God is still inviting us to be part of the mission God has created. What confidence (or lack there of) does this give you for your calling?

Self-Care Disciplines *Excerpts from Mary Kate Morse's *A Guidebook to Prayer** October Discipline: Prayer | *Prayer of Examen* (p.89)

Reflection prayer, or the *prayer of examen*, is an opportunity to deepen our life in Christ by discerning God's movement throughout our day and aligning ourselves with God's purposes. Jesus calls us to love, and reflective prayer allows us to “see” how we are or are not loving as Jesus loves. The prayer reminds us that Christ first loved us and always does. This prayer helps develop in us a realization that we are not alone and God is ever with us and active. This prayer is not about judgment but grace. This prayer is a daily reflection in the evening to examine our time and actions.

1. At the end of the day, quiet yourself and remember who you are in God's presence.
2. Ask the Holy Spirit to help you review your day. Think through all the things you did and the conversations you had.
3. Reflect with gratitude on the good gifts of the day, the people, places, and events.
4. Review your day asking (1) when did I love and (2) when did I not love? Or (1) when did I experience God and (2) when did I not?
5. Resolve with Jesus any pattern or concern that arose from the examination. Pray for your needs for tomorrow.

This prayer is meant to be simple. You need not take more than 10-15 minutes. But the point is to allow yourself some space for reflection and to consider who you are/were each and every day. Without reflection, there is no change.