



Fearless. | Shawn Johnson | 9.9.18
Attacking Anxiety - Part II
LG WEEKLY

START

To get things started, go around the circle and answer the following question:

In your opinion, who is the best band/songwriter of all time and why?

SHARE

When we hear the word 'fearless,' what comes to mind?

Maybe you think of a General on the battlefield leading the charge into certain peril? Someone leaping from a plane or climbing the sheer face of a mountain? We all have images that come to mind when we think of what it looks like to be fearless, but for most of us, the things we fear aren't something we need to go looking for, they are already right in front of us. It could be something we know we need to face in the future or something we are facing this very day.

We can all name our fears if we take the time to really think about it. Maybe yours is anxiety, not being able to provide for your family, not measuring up to the Instagram posts of others, mental health issues, not being strong enough, fear of the future, fear of not being a good enough parent or falling behind in life. If given enough time, we can all name a fear that seems to cripple us.

So, once we name our fears, what do we do with it?

We bring those fears before God and lay them down at his feet. Then we ask God to do what only He can do. 2 Timothy 1:7 tells us “For God has not given us the spirit of fear; but of power, and of love, and of a sound mind.” We might not have the power on our own, but God does, and His Spirit gives us the strength we need, the love we can’t seem to muster up and a sound mind in the most trying circumstances.

The thing we most need to remind ourselves is that God is with us wherever we go, no matter what we are facing. Throughout this series, we will recall what the Lord commanded Joshua before his first of many battles, “Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”

Wherever we go, whatever we face...remember that you have God with you.

Read Joshua 3:1-17

Why do you think it was so important that the people consecrated themselves before the battle? Consecration means to make holy or to separate oneself from things that are unclean or not pleasing to the Lord.

What was the significance of having the priests go and stand in the flood waters?

Have you ever been obedient to God when things didn’t seem to make sense at the time? What **was** that experience like and what did you learn from it?

GROW

Read Joshua 4:1-7

The impassable river becomes a dry highway for an entire nation to cross. Imagine the excitement, the wonder...realizing that the God of the universe is with you and is literally

doing a miracle before your very eyes. Imagine how amped and ready the army would be to take the new land!

Before the battle, God did a miracle, what was the first thing God had Joshua do?

Why is remembering what God did for us, so incredibly significant to do in our own lives?

The twelve men, representing each tribe, walked down into the dry river bed and picked a huge stone to serve as a reminder of what is possible with God. None of the men would have been able to bring back a large stone if God did not stop the flow of the river. It became a memorial to remind the people and their children of what God did.

Can you remember a time God provided a way for you when you thought there was no hope? Is there anything that helps you remember God's provision in your life?

MOVE

The Israelites had experienced the power of God in person, they were eyewitnesses to a miracle that seemed impossible. But with God the impossible is possible. As we read the story of Joshua leading the people, one of the most easily overlooked, but important take-aways from the story is how God not only calls them to take risks, but to do it together.

We aren't called to just stand alone in the river, we are called to stand together. We aren't called to remember alone, but we are called to remember together. We stand in the flooded river together and we stand on dry ground together. We struggle together, and we celebrate together. As the people of God, we are not called to do this life alone, there is a real power in being together. This is most evident in the early church, as it was growing throughout the region and spreading like wildfire, what was happening in this vibrant church?

Read Acts 2:42-48

What stands out to you most about the community of the early church?

In reading this, is there one thing you know God wants you to be more like or to commit to doing in order that you prioritize community in your life?

PRAY

As a group, spend some time praying with and for each other. If you are in a coed group, consider breaking up into men and women's groups to share more freely.

TO GO

Philippians 4:6-7

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.