



It's Time To Take Back Your Mind | Doug Wekenman | 02.27.22

Weekly Study

START

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

What's your favorite way to spend a day off?

SHARE

Welcome back! This week Doug continued our series which is inspired by our lead pastor Shawn Johnson's new book "Attacking Anxiety." Are we living by faith or fear? While fear is real - as both our emotions and feelings are too - they don't have to have the last say. Jesus reminded us that while we would still have troubles in this world, that we could also still take heart because He has overcome it. Pain, suffering, and heartache are inevitable on this side of eternity, but we can be rest assured that we will see the other side of the storm because of the One who sees us through it.

What was one thing God spoke to you specifically through Doug's message? Where is an area of your life that you're living out of fear?

What was the most challenging part of your week?

What was the highlight of your week?

G R O W

Read Acts 27:16-23

When do we see Paul's companions beginning to realize the consequences of their choice to set sail and what verse do we see their hope unravel?

How did Paul gain credibility and provide spiritual insight to their dire situation?

Fear is the number one aspect of our human nature keeping us in a braced position as a storm hits versus a posture of spiritual embrace reaching for hope. Just like some of our life decisions lead to a world of hurt we weren't ready for, Paul and his men find themselves in a situation where the wind is blowing them and their cargo towards hopeless defeat as the waves crashing in were too strong for the ship. The biggest spiritual conflict in this story is whether the men will keep sitting in their angst while accepting their path to destruction or listen to the hope God instilled into Paul. This hope he has does not promise the ship to hit land in one piece, but it can shed light on a possibly crashing ship in order for them to find a broken piece to hold onto in case of disaster.

It is important to note how Paul had experienced several shipwrecks and hard times in his past; therefore, he was in no way ignorant of the possibilities to come. On the other hand, when he allowed God to renew his mind, he saw an eternal perspective giving him the power to fight and not give up. God never promised us a pain free life, but He does promise to never leave our side. Even when our circumstances cause us immense pain, we can find sure hope and peace because of Jesus. Each day, we have a decision: to let fear or the Good Shepherd have the louder say. Life will be a constant battle, but we must find peace knowing we will make it out on the other side because of Him.

What are some practical steps we can take to renew our minds on the promises of God compared to the “worst case” scenario mentality?

How can you use the restorative memories of a previous shipwreck in your life to let faith guide you through difficulties of the next storm?

M O V E

Read 2 Timothy 1:7

What are some key differences between the Spirit of God and spirit of fear? How should this affect our everyday life?

A lot can be said about “Fear.” We experience fear in all sorts of ways for many reasons. It so easily can creep in on us and steal the show, right? In this passage, Paul is speaking to his disciple Timothy, who was a minister in the church in Ephesus. At this time Paul was near the end of his days, and with everything he had left in him he sought to make his final exhortations so that as he passes on, the church will continue to remain loyal to Jesus and his teachings.

Paul was facing a lot of persecution during these times, but he remained faithful to his mission. He remained faithful to the gospel of Christ regardless of what other people said against him. This is why it makes the meaning of this passage so much more vital. That we do not remain with a spirit of fear, but we are made strong in Christ, acting in love, and self-discipline so that we are strong in times of trouble.

We are reminded to be strengthened by this truth whenever we feel inadequate, afraid, attacked, or like we don't have the strength. The spirit God gave us is greater than the things that come and try to take us out of the fight. With this truth we can accomplish more than we know. Fear can't hold you back, so what stands in your way now?

What fears are you needing to speak truth to in this season of your life?

Reflect on God's faithfulness in your life. How can remembering those times remind you of His truth?

P R A Y

We need prayer now more than ever. Spend some time-sharing prayer requests. If you are in a coed group, consider breaking off into two separate groups (or calls if you are an online group) to share more freely.

T O G O

“Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.” - Psalm 23:4