

## Alive and Free Week 2 | Ethan Matott | 9.16-17

### Weekly Study

#### SHARE

**Rate your week on a scale of 1-10. Why did you choose that number?**

**What was the most interesting conversation you had this week?**

**Is there a lesson you feel like God is trying to teach you right now? If so, what is it?**

If this is your first time meeting as a Group, take some time to get to know each other by having everyone answer the following questions:

**How long have you been coming to Red Rocks? How did you find Red Rocks?**

**Why did you decide to sign up for this Group? How are you feeling about it?**

#### GROW

Welcome to week two of Alive and Free. In this series, we are talking about killing the things that are killing us. The key verse for the series is John 10:10, where Jesus says, “The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full” (John 10:10). Jesus promises us that it’s possible to live a full and abundant life, but we have to go to war against the things holding us back.

Whether it's addiction, fear, anger, anxiety, depression, distraction, isolation, confusion, or comparison, it’s time to confront and kill the things that are killing us with the weapon of grace. It’s time to learn how to live Alive and Free!

**What has been your biggest takeaway from this series so far? Why?**

**Read Proverbs 2:1-5**

**What do you think it looks like to search for wisdom as for hidden treasure? What is one way you could do that this week?**

For week two, Ethan talked about fear. As he reminded us, we desperately need a revelation of the fear of the Lord. Sometimes, in church, we fall into the trap of feeling like we should never have fear, but that’s actually not quite true. Scripture invites us to place our fear in the right place, to fear the Lord (Psalm 111:10, Proverbs 9:10, Exodus 20:20).

*In other words, the best way to fight human fear is with holy fear.*

It's a paradox. A.W. Tozer explains it like this. "The greatness of God rouses fear within us, but His goodness encourages us not to be afraid of Him. To fear and not be afraid - that is the paradox of faith."

**What do you think it means to fear the Lord?**

MOVE

**Read Romans 8:12-17**

**What stuck out to you from this passage?**

**How can Paul's words in Romans 8 help us overcome fear and live alive and free?**

The goal is not to be *afraid* of God; the goal is to *fear* the Lord. Fearing the Lord means having a healthy awe for God. It means having a deep respect for God that causes us to bow before God in reverence.

The fear of the Lord is a daily confession that God is God and we are not. That all authority belongs to Him. The reason we live in fear is because we tend to give the authority that belongs to God to other places, like people and circumstances.

**What is the most common thing you fear (besides God)? Do you fear failure? Are you afraid of people? Death? Or something else? Take a few minutes to tell your Group about it.**

**This week, we talked about an exercise called laddering. The goal is to dig beneath the surface of your fear and figure out what is going on. When someone in your Group shares a fear, try asking them why they are afraid. Where did that fear come from?**

As Ethan told us this week, we really can learn to live alive and free, but if you want to overcome the human fear in your life, you have to replace it with holy fear. As Charles Spurgeon said, "The fear of God is the death of every other fear."

The best way to do that is to focus your attention on what the Word of God has to say about you.

**Take a few minutes and read the following passages out loud. As you read, pay attention to which verse sticks out to you the most.**

**Hebrews 11:28-29**

*Therefore, since we are receiving a kingdom that cannot be shaken, let us be thankful, and so worship God acceptably with reverence and awe, for our "God is a consuming fire"*

**Romans 8:15**

*The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, "Abba, Father."*

**Luke 12:7**

*Indeed, the very hairs of your head are all numbered. Don't be afraid; you are worth more than many sparrows.*

**1 John 4:17**

*This is how love is made complete among us so that we will have confidence on the day of judgment: In this world we are like Jesus.*

**Which passage caught your attention? Why do you think that is?**

**What is one practical way you can internalize that passage this week?**

**PRAY**

Take some time to share a few prayer requests with the Group and then spend some time praying together.