

TAKE HOME SHEET



Series: Defeated
Message: Fear Defeated
Speaker: Rusty Coram
Date: March 10/11, 2018

After reviewing the message notes, here is a case study of how fear can overtake us. As you read this episode, keep in mind that these are the people that God miraculously rescued from Egypt. God had clearly demonstrated His power over Egypt's pharaoh and his seemingly unmatched military might. Even though they personally experienced God's presence and power, they soon forgot and instead of focusing on their great God, they focused on their problem. After reading, write down a few practical lessons you learn from this, so that you can be like Caleb.

¹⁷ Moses gave the men these instructions as he sent them out to explore the land: "Go north through the Negev into the hill country. ¹⁸ See what the land is like, and find out whether the people living there are strong or weak, few or many. ¹⁹ See what kind of land they live in. Is it good or bad? Do their towns have walls, or are they unprotected like open camps? ²⁰ Is the soil fertile or poor? Are there many trees? Do your best to bring back samples of the crops you see." (It happened to be the season for harvesting the first ripe grapes.) ²¹ So they went up and explored the land from the wilderness of Zin as

far as Rehob, near Lebo-hamath. ²² Going north, they passed through the Negev and arrived at Hebron, where Ahiman, Sheshai, and Talmi—all descendants of Anak—lived. (The ancient town of Hebron was founded seven years before the Egyptian city of Zoan.) ²³ When they came to the valley of Eshcol, they cut down a branch with a single cluster of grapes so large that it took two of them to carry it on a pole between them! They also brought back samples of the pomegranates and figs. ²⁴ That place was called the valley of Eshcol (which means "cluster"), because of the cluster of grapes the Israelite men cut there. ²⁵ After exploring the land for forty days, the men returned ²⁶ to Moses, Aaron, and the whole community of Israel at Kadesh in the wilderness of Paran. They reported to the whole community what they had seen and showed them the fruit they had taken from the land. ²⁷ This was their report to Moses: "We entered the land you sent us to explore, and it is indeed a bountiful country—a land flowing with milk and honey. Here is the kind of fruit it produces. ²⁸ But the people living there are powerful, and their towns are large and fortified. We even saw giants there, the descendants of Anak! ²⁹ The Amalekites live in the Negev, and the Hittites, Jebusites, and Amorites live in the hill country. The Canaanites live along the coast of the Mediterranean Sea and along the Jordan Valley." ³⁰ But Caleb tried to quiet the people as they stood before Moses. "Let's go at once to take the land," he said. "We can certainly conquer it!" ³¹ But the other men who had explored the land with him disagreed. "We can't go up against them! They are stronger than we are!" ³² So they spread this bad report about the land among the Israelites: "The land we traveled through and explored will devour anyone who goes to live there. All the people we saw were huge. ³³ We even saw giants there, the descendants of Anak. Next to them we felt like grasshoppers, and that's what they thought, too!"

Numbers 13:17-33 (NLT)

MESSAGE NOTES



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Greek "phobos"; English "phobia" - *fear, dread or terror*. (Holman Bible Dictionary)

Living in fear will destroy...

...my capacity to enjoy life.

²⁵ *What I always feared has happened to me. What I dreaded has come true.* ²⁶ *I have no peace, no quietness. I have no rest; only trouble comes.*

Job 3:25-26 (NLT)

...my relationships.

Fearing people is a dangerous trap...
Proverbs 29:25 (NLT)

...my perspective.

Exodus 13

...my faith.

⁴² *Yet at the same time many even among the leaders believed in him. But because of the Pharisees they would not confess their faith for*

*fear they would be put out of the synagogue;
⁴³ for they loved praise from men more than
praise from God.*

John 12:42-43 (NIV)

God wants to help me overcome my fears.

I prayed to the Lord and He answered me; He freed me from all my fears.

Psalm 34:4 (NLT)

What I need to do is:

1. Change my focus

The fear of the Lord leads to life...

Proverbs 19:23 (NIV)

...If God is for us, who can ever be against us?
Romans 8:31 (NLT)

2. Choose to trust Him

When I am afraid, I will trust in you.

Psalm 56:3 (NIV)

Do not fear, for I am with you; Do not anxiously look about you, for I am your God. I will strengthen you, surely I will help you, Surely I will uphold you with My righteous right hand.

Isaiah 41:10 (NASB)

*Go to newhope.org and click on messages to download this week's
Take Home Sheet or stop by Guest Services to pick one up.*

BIBLE TRANSLATIONS:

NASB – New American Standard Bible

NIV – New International Version

NLT – New Living Translation

DEFEATED

The word 'defeated' means to be beaten in a battle or other contest, or to be demoralized and overcome by adversity. We are all vulnerable to a wide range of emotional pitfalls that if allowed, can bring us to this point physically, mentally and spiritually. But what if we flip our perspective and use defeat as a catalyst for positive change? What if we rise up and choose to be the victors over those things that cause us pain and suffering, just like Christ did? We won't just grow stronger in our faith...we'll begin to look more and more like Jesus.

This Weekend- Fear Defeated



**WE'RE
SO GLAD
YOU JOINED
US TODAY!**

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CHURCH

We are always honored when people choose to do church with us. New Hope is for anyone who wants to seek God - from those exploring whether or not God even exists, to committed Christ-followers. Wherever you are, you'll find we are committed to do whatever it takes to show everyone the love of Jesus and help them establish a relationship with Him. We are casual, laid-back, and far from perfect. **ALL are welcome!**

FIRST TIME GUESTS

We promise we're not going to make you stand up in front of everyone or track you down, but we'd love to know you were here today! Simply fill out your communication card in the seat back in front of you and check the "First Time Guest" box. On your way out, stop by Guest Services at the front doors and get your FREE welcome gift. **We're glad you are here!**

5 THINGS TO KNOW

Each week, we will post "5 Things to Know" for the week. This will typically include classes, info, and upcoming events. We also will give you dates to save as early as possible, so that you can get them on your calendar and be able to plan for them. Be sure to check out the entire program and visit newhope.org for everything. Here are five things to know this week:

1. **Have you ever sat in a weekend service and heard a song you wanted to buy, but you didn't know the name of it or the artist's name?** Or maybe, you just want to get more familiar with the songs we sing. Well, we've fixed that for you. For Spotify users—we've created playlists just for you! On Spotify, you'll find the current pre-service playlist, as well as playlists from previous weekends. Spotify is free and easy to use. Go to open.spotify.com/user/nhclorton to get your free Spotify account and subscribe to follow New Hope Church.
2. **"Parents of New Hope" is a Facebook group** where moms and dads can connect and share insights, ideas, and support. You'll hear from the New Hope staff about upcoming programs and topics that affect our babies to post-graduates. Visit facebook.com/nhclorton and click on "groups" to join.
3. The **Men's Ministry** has announced that the next **breakfast** is going to be on Saturday morning, April 14th. Details and the registration link will be released shortly!
4. **Start praying and thinking through a list of people you can invite to celebrate Easter with us.**
5. Every year our partners go through a **Partnership Agreement Renewal**. This process gives us the opportunity to update our personal information, share needs and give feedback, review our church's agreement and renew the Partnership Agreement. The annual renewal doesn't change or diminish the faithfulness of our longstanding partners who are asked to sign. Instead, it honors that commitment, as it draws upon their example of faithfulness. It also reminds us that we are all on the same page. If you were a partner in 2016 or 2017 and have not renewed your partnership, please go to bit.ly/partnerrenewal2018.



Life can be tough, but you don't have to go through it alone. We want to help. We have several ministries that can help you as you navigate the tough times:

For those 18 years old and older, we have **Celebrate Recovery (CR)**. At CR, we strongly believe this ministry can benefit any and all. The truth is that we are all hurting. There is no such thing as a "perfect" church or a "perfect" person. We can so easily fall into the trap of wearing a mask to hide from everyone. We desperately and so diligently try to keep anyone from seeing the hurting person inside of us. CR provides a safe place for us to take that mask off and begin coming out of denial, turn our life and will over to Christ's power, begin identifying hurts, turn over our character defects, replace them with truth and positives in our lives, and ultimately give back from what we have been given.

Get started by joining us on Friday nights at 7 pm at New Hope Church. Check out cr.newhope.org or email the ministry at celebraterecovery@newhope.org.

For students in middle and high school, we have **The Landing**. The Landing is a Christ-centered recovery group. It's a safe place to talk about the hurts, habits and hang-ups that you are facing each day. This is the place to come when you feel as though no one else could possibly understand what you are feeling or going through. We want to know YOU and what it's like to be YOU. We want to help you learn new coping skills and find healing.

The Landing meets at 7 pm on Tuesday nights at New Hope Church. We have large group time (music, lesson, activities) from 7-8 pm, small group discussions from 8-9 pm, and time for snacks and hanging out from 9-9:30 pm. Check thingscansuck.com or email the ministry at info@thingscansuck.com.

**IT'S ~~NOT~~
TOO LATE!**

Did you forget to register or did your afternoon free up?

If so, we are still taking walk-ups for this Sunday's event. Join us at 2 pm. \$25 per person; \$40 for couples.



☆ WE NEED ☆

A BUS DRIVER

New Hope's before and after school care program, **The Back Pack (TBP)** is in need of a **part-time yellow school bus driver to take students to and from school in the mornings and afternoons.** A Commercial Driver's License (CDL) is required or must be obtained for this position. If you need a CDL, we will help walk you through the process and pay for the license. If interested, an employment application can be found on TBP website, thebackpackonline.com or send us an email at info@thebackpackonline.com.

VOLUNTEER
REGISTRATION
IS OPEN!
bit.ly/2018foodfight



2018FOODFIGHT

THE NATION'S FIGHT AGAINST HUNGER

May 4, 5 & 6, 2018 • www.2018FoodFight.com
Find Us on Social Media- 2018FoodFight

HITS FOR HUNGER

SATURDAY-6:35 PM

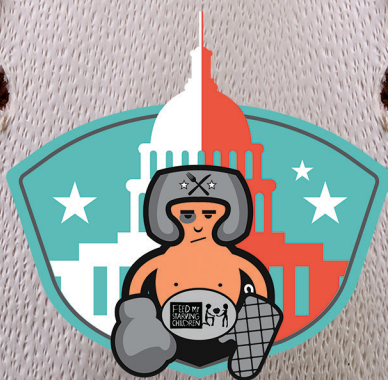
GATES OPEN AT 5 PM. COME EARLY,
RESERVE YOUR SEAT AND SEE
THE OPENING PITCH.

APRIL 7TH

PFITZNER STADIUM
7 COUNTY COMPLEX COURT
IN WOODBRIDGE

**Purchase Tickets online at
bit.ly/2018hitsforhunger**

**Join us for opening
weekend at the ballpark,
while we raise money
for the 2018 Food
Fight. Plan to stay for
fireworks at the end
of the game! Cost: \$12
each for ages 12 and
up. Tickets for kids ages
6-11 is \$8.00. Children 5
and under are free.**



**Visit 2018foodfight.com
for more information.**

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FOOD BANK



Average Amount Spent on Credit Card Interest

\$2,630 PER YEAR

We all need a plan for our money. Financial Peace University (FPU) is that plan! It teaches God's ways of handling money. Through a 9-week video teaching, class discussions and interactive small group activities, FPU presents biblical, practical steps to get from where you are to where you've dreamed you could be. This plan will show you how to get rid of debt, manage your money, spend and save wisely, and much more! This is a 9-week class that meets on Thursday evenings from 7-9 pm starting April 5th.

Want more information or still have questions, sign up for a one hour preview class on March 22nd at 7 pm. Go to bit.ly/preview-fpu to register for the preview today.

The 9 week class begins on April 5th from 7-9 pm. Go to bit.ly/fpuspring2018 to register for the class today.



Living Free: Becoming Who You Are

First Baptist Church of
Woodbridge

Tickets are \$39 if purchased through New Hope (regular price is \$55). Hurry, because these tickets are going fast! Go to bit.ly/northstar-livingfree

VOLUNTEER

OF THE WEEK

Our volunteers are the very best! There's no way we could keep New Hope running without the help of these special people. This week, we'd like to thank one of our many serving couples, **Misty & Greg Edwards**. Misty serves in Check-in for our Children's Ministry and Greg serves in Revolution working with our elementary students. Thanks to both of you for serving the families of New Hope Church. You are making a difference!



BRYANT CENTER EASTER BASKET PROJECT

Ladies- Fill an Easter Basket with goodies and love for the children of teen parents working to finish their high school education!

Wednesday, March 21 • 7:30 pm • New Hope Church

No RSVP needed. Please bring a snack to share! Open to women 18 years and up; friends, coworkers and neighbors welcome! If you have any questions, please email Karennna.Rowenhorst@newhope.org.

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CHURCH

8905 Ox Road
Lorton Virginia 22079
newhope.org
703.971.4673
info@newhope.org



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