



Perfect Peace

Moving Forward From Fear

Sermon Recap

Conversation Starters:

- What do you fear and why?
- How do you move past your fears toward the goal rather than away from it?
- What fears do you consider healthy in contrast to unhealthy fears, why?

Ask your group members to share their favorite points from the sermon, what stood out to them, a phrase or moment from the sermon they related to the most, or questions they have. If your members have a hard time remembering, share your notes and favorite points.

Reflect:

1.) Read [Isaiah 26:3](#) and [2nd Timothy 1:6-7](#) NLT: Pastor Shaun said: “Fear can cause Long Term Paralysis.” Why is “paralysis” a critical problem specific for men and women of God when it comes to Kingdom service, personal growth, and the growth of the body of Christ? When you feel fear, what do you embrace to move you through the fear and forward toward progress? What are you created for and called to?

Are you living out or moving toward your call and created purpose?

2.) Read [John 14:27-29](#) NLT: Pastor Shaun identified five circumstances that can cause paralyzing fear: “Your Failures, Your Betrayals, Your Disappointments, Your Losses, and Your Trauma.” Pastor Shaun also said “Your fear may be caused by a False Expectation of Christ.” Which of the five circumstances have been paralyzing for you and how? Are you finding that you’re still paralyzed by any of them? If so, what is your active action plan to move forward?

What IS your expectation of Christ? (According to your faith, be it unto you. Your faith has made you whole.)

3.) Pastor Shaun shared three ways in which we can move past fear: 1.) When in a trial, He has overcome – [John 16:31-33](#) NLT. 2.) When hope seems lost, anchor your hope in Him – [Hebrews 6:18-20](#) NLT. 3.) When we face failure, it’s not forever – [Romans 3:23-24](#) NLT. What if any, are the paralyzing fears that have you stuck right now? Do you feel equipped to move through your fears using the three ways Pastor Shaun shared, why or why not?

What do you feel called to do, that fear is telling you NOT to do?



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Apply It:

Jesus never told his disciples to play it safe. Risk and sacrifice in a fallen world is part of the life we live as men and women of God. Most decisions we make are based upon two primary factors, love or fear. The Disciples made their decisions to further God’s Kingdom based upon love for Christ, not fear. Place your anchor firmly in God, not the world. Root your actions, motivations, and disciplines in love for Christ, not in fear of the world or yourself. Love overcomes fear. God is all all-knowing and all-powerful. Therefore nurturing and growing our passionate love for Him should be our greatest pursuit and priority. Figure out who’s talking to you. Is it love, or is it fear? Once you know who’s talking to you, then you’ll know what to do. Make the commitment to do it, even in the face of paralyzing fear.

Prayer Requests and Closing Prayer:

Ask your group members if they have a prayer request. Write them down and continue to pray for them during the week.

Father, You are ALL powerful. Our connection to You and Your Spirit is our courage, comfort, and confidence. Nothing is beyond Your reach Lord God. Nothing on this world is eternal. Our fears, problems, and trials are all temporary. They last for a season. In due season they will all end. Life serves as an opportunity for You to grow us, and for us to help others grow closer to You and their created purpose. Growing is rarely easy, but it is necessary for our own health and for the health of the body. May we grow closer to You Lord God, not this world. May we see with Your eyes Father placing our anchor firmly in You and Your ways, not in our own ways. Search each of us Lord God. Show us the truth about ourselves and where we need to go so we can overcome paralyzing fear and fulfill Your every desire for each of our lives, in Christ we pray, Amen.