



Sermon Discussion Guide

June 18, 2023

Navigating Fear

Welcome to the third week of our new series, NAVIGATING EMOTIONS. This week we look at navigating fear.

What's one of your favorite water memory?

Take a moment to share your responses to the questions on the tool with your group.

Today I am feeling _____ (mad, glad, sad, excited, afraid, ashamed).

Do I know why?

I am asking God to give me an extra measure of _____ (love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control).

PRESENCE

Read Joshua 1:1-9. What does God promise Joshua, and why does that mean so much to Joshua in his situation?

In what situations do you often feel alone or that no one understands?

Read Hebrews 13:5. How does this verse reflect what God said to Joshua?

What practical things can you do this week to remember God is with you when you feel fear or anxiety?

PATH

In Joshua 1:7-8, God tells Joshua that focusing on Scripture will keep him on the right path and result in success. Where have you seen someone who made God's Word a priority? What did his or her life look like as a result?

sometimes we could avoid anxiety and fear by following God's Word and staying on his path. How have you experienced following God's Word alleviating your fear or keeping you out of situations that can cause anxiety?

What area in your life do you need help staying on God's path?

How can your group or fellow Christians help each other focus on God's Word and stay on the right path in the areas you struggle with?

PRESSURE

Look back at Joshua 1:1-6. What is the work God says he's doing, and how would knowing this alleviate Joshua's pressure as he begins leading the Israelites?

What are the areas where you feel the most pressure, and why?

You can experience fear and anxiety when you carry weights that are not yours to carry. What are the things you need to set down and allow God to carry?

What is one thing you can do this week to practice letting God carry those weights for you?

WRAP UP

Today we talked about navigating the emotion of fear. Which of the three things about navigating fear stood out to you the most, and how will that change how you navigate fear?