

LESSON ONE: FEAR FACTOR

2 timothy 1:6-8

GRAND CENTRAL CHURCH OF CHRIST
STUDY GUIDE FOR MESSAGE

June 13, 2004

keys to overcoming fear

This discussion guide addresses this week's message topic. These guides are designed to include more material than will be addressed in most small groups. Group leaders are encouraged to use those parts that will prove most helpful for their group members. Group members may then find the guides useful for personal study. Please contact the church office for copies of past and present guides and for a list of upcoming studies. Additional guides covering other topics may also be available in the church office.

objectives

1. To encourage members to face those fears that may stunt their spiritual growth
2. To remind group members that lives we have been called to live, our spiritual reality, are to be evident to those who surround us
3. To be re-introduced to the power that is made available to us as Christians so that our spiritual lives are a reality

getting started

1. What were you afraid of as a child?
 - a. Spiders
 - b. Snakes
 - c. The dark
 - d. Teacher/Principal
 - e. Heights
 - f. What?
2. Fear isn't just a reality in our childhood, it can be an ever present reality—what are you afraid of now?

study (fear of God)

1. Look at Psalm 111. What does it say about fear?
2. What does it mean to “fear the Lord”?
3. How is such “fear” demonstrated in our lives?
4. How does such fear differ from other forms of fear?
5. Look at 1 John 4:18-19. How does this relate to the idea of loving God? What kind of fear does this refer to?

study (fear)

Begin by again reading 2 Timothy 1:6-8 (go ahead and read it within context). Look back at 1 Timothy 5:21-25. Spiritual reality is to be evident in our lives!

1. What is Paul's answer to Timothy's timidity?
2. Does this mean that only bold people can faithfully serve God? What is the difference between a quiet temperament and timidity?
3. Look at Paul's three foes of fear. Which one are you most comfortable with?

4. Which makes you most uncomfortable? Why?
5. What does it mean to have a spirit of Power? Look at Philippians 3 and what Paul “wanted to know.” How did he go about coming to “know” this?
6. Is this power something we can know or was it only meant for the first century Christians?
7. What of love? How does it help one overcome timidity?
8. Does love of God in any way relate to trusting God?
9. Does the love of others help us in overcoming our fear of failure? Rejection?
10. In what ways are we to be self-disciplined (look in 1 & 2 Timothy for insights)?

Joe mentioned that Paul seems to indicate we are to “embrace” suffering and persecution (2 Timothy 1:8 and 3:12-15).
11. How can we embrace these? Why do we avoid suffering? No, really, why do we avoid suffering? (Simply because it hurts or is it because we fear it may be meaningless, without purpose... or are there other reasons?)
12. In our culture, where might we expect to receive persecution?
13. If we have not received persecution is it more a matter of a difference in the cultures or a difference in the actions of the believers?
14. What was Timothy to testify about? What do we tell others about the gospel?

application

1. Take the time to examine your life... What causes you to fear?
2. How does fear keep you from becoming the woman or man of God that he desires you to be?
3. How can the “three foes of fear” help you in overcoming your fears?
4. If your fears were overcome, what could or would you do?
5. Identify the fears that are holding you back. Now look at them in light of:
 - a. Power
 - b. Love
 - c. Self-discipline
6. This week, perhaps with the help of another, begin the process of allowing God to help you in overcoming these fears.

study (continued)
5.

conclusion
1.

2.

3.

4.

doers of the word
1.

2.

3.

4.

prayers