



WEEK ONE
Sweet Dreams

Nov 29 & 30, 2014
Pastor Ken Ingold

What keeps you up at night during the holidays? Bills, deadlines, regrets, the unknown – these can consume our sleep and fill us with worry. Listen. Do you hear? The Prince of Peace whispers: "Fear Not!"

STUDY QUESTIONS

1. What were you afraid of when you were a kid? What are you afraid of most now as an adult?

Do those old childhood fears have anything to do with what you fear now?

2. Take a look at Luke 2:8-14. Why were the shepherds afraid of the angels?

Were their fears founded?

What would your reaction have been?

3. More than 100 times in the Bible, God has said, "Don't be afraid," yet it's often our go-to response when we are faced with something huge that we can't control. Why might that be the case?

What is at the heart of fear, in your opinion?

4. How are fear and trust related to each other?

Can you be fully trusting in God and also have fears about what he might do or might not do? (see 1 John 4:18, 2 Timothy 1:7 and Psalm 56:11.)

5. Why are we often anxious about inviting a friend to come to church with us or to share the way of salvation with them?

Where does that fear arise from?

6. Max Lucado wrote: "Feed your fears, and your faith will starve. Feed your faith, and your fears will." What does he mean by this? How do we feed fear?

As the Christmas season begins, what is one fear you need to replace with faith? How will you do it?

Personal Meditation: This week, consider that faith is a gift (Ephesians 2:8-9) produced in us by the Holy Spirit (Galatians 5:22), that grows stronger as we spend time with Him. The more you can see Him working in your life, the stronger your faith grows, and fear must naturally diminish because it cannot exist where faith is strong.

Memorize Isaiah 41:10: "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."