



Introduction

When Jesus established his new kingdom, He gave us some new commands that seem impossible, even unreasonable until you look at them in the light of his own resurrection. Jesus' commands are not to inhibit us, but to ensure that we live life to the fullest (John 10:10). They are not there to hem us in but to open up our lives to His possibilities.

The first we are looking at is "Fear Not". Fear can immobilise us as people, and impact our future so that we don't live and experience the fullness of life that Christ promises. But how do you do that? How do we live free of fear?

Ice Breaker: Share about a time when you were paralysed by fear in a decision you had to make.

Share... (pick one or two to talk about)

- Jesus taught on "Fear Not" when he sent out his disciples on mission. (Read Matthew 10:28-31). They were 'promised' persecution, yet told to not be afraid. How does that work? How does it work for you? Do you feel fear when it comes to sharing Jesus, or taking a stand for your faith? Why?
- "You don't have to be afraid, even when there is something to be afraid of"... what do you make of this? Is this a reasonable reflection of what Jesus was trying to teach his disciples? (Read Matthew 14: 23-27). Does this bring you comfort? Why or why not?
- Read Mark's account of Jesus asleep in the boat (Mark 4: 35-41). The disciples were afraid of drowning but more afraid of the awesome power of Jesus who was in the boat with them (see v 41 Amplified Version). Why is it more important that we fear (hold in absolute awe) Jesus more than anything else?
- What do you currently fear? What challenges do you have in front of you that you feel unsure about? What can you do to dissipate fear this week? How can the group help you, pray for you, minister to you etc?

Bottom Line

The early church understood what it meant to "Fear Not" because they realised that when Jesus beat the ultimate fear of death, by rising from the dead, they could live "fearlessly". They did, and changed the world!! When you and I specifically name our fears and give them to Jesus, we can be confident that He will lead or carry us through them. His promise is that He will never leave nor forsake us, so that can inspire confidence in us as we walk with Him.

Reflect:

"What is the price of two sparrows—one copper coin? But not a single sparrow can fall to the ground without your Father knowing it. And the very hairs on your head are all numbered. So don't be afraid; you are more valuable to God than a whole flock of sparrows." (Matthew 10:29–31 NLT)

If you missed the message go to <http://thrivechurch.com.au/justdontoit.php>