



## MESSAGE NOTES

“Fear Is Not My Focus”  
Pastor Matt Mylin  
September 15-16, 2019

As faith in Jesus deepens, the fears of life diminish.

*Matthew 17:1-7*

1. Rise up and don't be afraid.

*1 Peter 5:6-7*

2. Stay humble.

“Humility is not thinking less of yourself, it's thinking of yourself less.”

- C. S. Lewis

*1 Peter 5:8-9*

3. Stay alert to stand strong.

*1 Peter 5:10-11*

*\*All scriptures are from the New Living Translation.*

## Small Group Outline & Discussion Questions

### Celebrate and Care:

Have each person share a high and low from this past week.

### Review:

Every follower of Jesus can fear less by focusing on the promises of God rather than the problems of life. As faith in Jesus deepens, the fears of life diminish.

### Open Up:

On a scale of 1-10 with 10 being a complete control freak where would you place yourself?

### Discuss:

*Choose one or two questions for your group to discuss as time allows.*

- ▶ We learned Jesus said, “Don’t be afraid” more often than he said, “Love one another.” Why do you think that phrase is so important to him?
- ▶ Which is more difficult to believe – that God is great or that he is good? Explain your thoughts.
- ▶ When it comes to dealing with our fears, what is your natural response: to fix it, ignore it, or face it?
- ▶ Read 1 Peter 5:6-7. What are some practical steps to making this reality?
- ▶ Pastor Matt said, “When we feed our fears, our faith will starve, but when we feed our faith, our fears will starve.” How do we feed our faith?

### Engage:

*Spend 1-2 minutes in silence with these questions then share your thoughts.*

Where is an area in your life that God is saying, “Rise up, and don’t be afraid!”

Read 1 Peter 5:8-9. How does the enemy prowl around in your life? How can you stay alert to the battle we are in?

What is one step you can take toward taking a posture of humility and releasing your control of certain outcomes?

### Pray:

*Ask God to heighten your awareness of when you are feeding fear and how you can choose to focus your faith.*

*Fill in the blank key: diminish; rise up, don't be afraid; humble; alert, strong*