

“Fear Fighters”

Session 2

FILL IN THE BLANKS WHILE WATCHING THE VIDEO

To be victorious, we must be equipped with the right _____.

Prayer is powerful not because we pray but because of the _____ we pray to.

Praying the Scriptures is taking the very _____ of verses from the Bible to guide our prayers.

Why pray God’s Word?

- God’s word gives us everything needed for life and _____.
- God’s word rejoices the _____.
- God’s word enlightens the _____.
- Those who heed God’s word are _____.
- His word serves as ordinances and rules that will _____ us from harm.
- God’s word is more _____ than all material treasures.
- God’s word provides great _____ including peace of mind.
- God’s word _____ its intended purpose without fail.
- The Holy Spirit is our best prayer _____.

SMALL GROUP DISCUSSION: (The oldest in age will lead your group)

1. Have you ever prayed Scripture before? If yes, give an example. If not, why not?
2. Read Isaiah 41:10 together. Then, discuss these questions:

God commands us not to fear in this verse. What are some common fears you struggle with, and how does this verse speak to those fears?

How can we practically rely on God’s strength and help, as mentioned in this verse, when we feel overwhelmed or weak?

3. Here are the top 10 stress scales based on the Holmes-Rahe Stress Inventory: (#1 as the most stressful)

1. Death of a Loved One
2. Divorce or Separation
3. Major Illness or Injury (Self or Loved One)
4. Job Loss or Major Career Change
5. Financial Problems
6. Moving to a New Home/School/Workplace
7. Marriage
8. Retirement
9. Legal Problems or Lawsuits
10. Chronic Work-Related Stress

Which one did you battle against in the past and how did you overcome/heal from it?
Which one are you facing right now and based on what we learned today, how will you deal with it?

4. Here's an example of a prayed Scripture:

Scripture: Psalm 56:1-4

Be merciful to me, my God, for my enemies are in hot pursuit; all day long they press their attack. My adversaries pursue me all day long; in their pride many are attacking me. When I am afraid, I put my trust in you. In God, whose word I praise— in God I trust and am not afraid. What can mere mortals do to me?

Prayer:

Father GOD, please have mercy on me. My enemies are after me. And I am under attack. I feel the weight of all my struggles. Lord, at this very moment that I am scared, I will trust in You. Like the psalmist David says, I will trust in You. I turn to You God, I will praise You for Your Word, which is true and steadfast. In You, O God, I find my refuge, and I know I have nothing to fear. Help me to remember that no power of this world can harm me when I am held in Your hands. Strengthen my faith and fill me with Your peace, reminding me daily that in You, I am safe. Amen.

5. Break into pairs in your group. Open to the book of Psalms in your Bible. Choose any psalm, maybe 3-4 verses. Then, write a prayed Scripture. When done, pray for your partner, using the prayer you just wrote.