



# AFTERMATH

## GROUP DISCUSSION QUESTIONS - WEEK 2

### SERMON RECAP

In his sermon, Jacob explores the theme of fear and how it intersects with faith. He shares insights from a survey he conducted, revealing that fear of failure, particularly in the roles of parenthood or faith, is a prevalent concern among people. Despite common anxieties, the Bible frequently advises us to "fear not". This is exemplified in John 20 where the resurrected Jesus comforts his fearful disciples by offering peace and showing his wounds. Jacob encourages us to let go of the "what ifs" of fear and to embrace the presence of Jesus in our lives, advocating for prayer as a way to experience God's peace.

### GET STARTED

- Jacob started his sermon by giving us the results of an informal survey he conducted asking people what they are afraid of. **How would you answer that question as it pertains to the season of life you are in right now? What are the things that dominate your thoughts? What keeps you up at night?**

### TAKE IT IN

- **What encouraged and/or challenged you from the message this week? Why?**

### TALK IT OVER

**Read John 20:19-23**

- Jesus appeared to the frightened disciples and said, 'Peace be with you.' In his sermon, Jacob emphasized that Jesus brought peace to the disciples despite their fears and the chaos around them. Jesus did not eliminate the thing that was causing them fear or prevent it from happening. However, he encouraged them to find peace in the midst of their fears. **How can you find peace in your own life when faced with fear or uncertainty? Are there specific things that help you feel calm? Why do you think peace is such an important message in times of fear?**
- Jacob explained that the resurrection is a promise that every word of God is true and can provide hope and strength during fearful times. **When you think about the resurrection, how does it change your perspective on your personal fears and challenges?**

### Read Philippians 4:6-8

- This portion of scripture begins by encouraging us to not worry about anything, but to pray about everything. In short, to replace worry with prayer. **Is this an exercise that you have ever put into practice? What is the reason(s) stopping you from doing this?**
- While the first two verses (6 & 7) encourage us to lean into prayer and thanksgiving as a means to bring peace and calm fears, verse 8 is a very important but often overlooked scripture that addresses our thoughts. It encourages us to think about what is good in life. 2 Corinthians 10:5 also addresses our thought life by telling us to “take captive every thought.” **Do you find it hard to control your thoughts? What are some ways you can change how you think? How would changing your thoughts calm your fears?**

### Read Joshua 1:9

- Here we see the Lord “commanding” Joshua to be strong and courageous; to not be afraid. It seems to insinuate that this is an exercise of will. **Have you ever had someone to tell you to not be afraid, to be strong, to “toughen up”? How did that make you feel? Did this help you to not be afraid?**
- The latter portion of this scripture (Joshua 1:9b) gives us further insight into how to be strong and courageous. It says that “the Lord your God will be with you wherever you go.” **Does knowing God is with us wherever we go bring you peace or do you not have peace because you forget this very important fact?**

### LIVE IT OUT

The words we read in Philippians 4:7 give some very clear instructions on how to experience God’s peace. It says to “tell God what you need and thank him for all he has done.” They say it takes 30 days to develop a habit. This month, **take some time each day to do exactly that; (1) tell God what you need and (2) thank him for all he has done. This exercise will go a long way towards calming fears and bringing the peace of God into your life.**

**Memorize:** *“I am leaving you with a gift - peace of mind and heart. And the peace I give is a gift the world cannot give. So don’t be troubled or afraid.”*

**John 14:27**