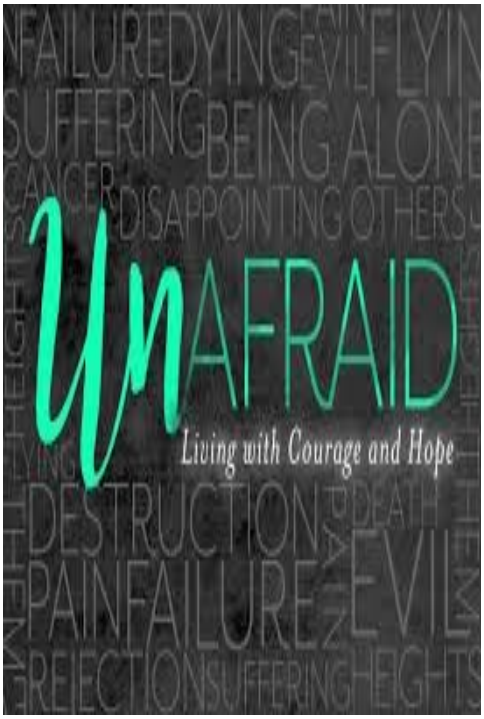
January 20, 2019



Home Huddle Texts for the Week

Share
(highs and lows of the day)

Read
(a piece of scripture)

Talk
(about how the scripture interacts with your highs and lows)

Pray
(make sure to include your highs and lows)

Bless
(last thing you do tonight)

Sunday: Romans 8:22
Monday: Jeremiah 33:14
Tuesday: Luke 1:30
Wednesday: Luke 1:31-33
Thursday: Luke 2:41-42
Friday: Luke 2:51-52
Saturday: Psalm 27:1

Blessing: With anticipation open yourself to new insights. Come, Lord Jesus, Come.

GRAB GATHER GROW

A simple study you can just grab, gather a group of people—either family, friends, co-workers, folks from the gym ... and grow your faith.

OUR THEME THIS WEEK

Understanding and Countering Fear

OUR THEME VERSE

"Do Not Be Afraid"
(found throughout scripture over 100 times)

<u>Our Scriptural Foundation for the Week</u>

Don't fear, because I am with you;
don't be afraid, for I am your God.
I will strengthen you,
I will surely help you;
I will hold you
with my righteous strong hand.
Isaiah 41:10

OPENING CONVERSATION

Share together the high and low of the day of each one who has gathered. Read together our Scriptural Foundation for this week and ask each other, how does this text speak to my life?

OPENING PRAYER

God who calms the troubled waters, we bless you for your presence in the midst of our fears and trials. We release to you the things we hold too tightly, and trust your words of peace. Be among us during this gathering, and may our souls and bodies be secure in you. Amen.

DISCUSSION QUESTIONS

(pick one or more depending on your time)

Read over the following acronym.
Face you fears with faith.
Examine your assumptions in light of the facts
Attack your anxieties with action.
Release you cares to God.

Which of these steps seems most difficult to you? Why?
(Write this acronym on a card and place it on a mirror you look into every day.)

Spiritual practices have a calming effect on us, like prayer, reading Scripture, singing hymns, meditation, service. How have you experienced these practices as calming?

Read over Philippians 4:5b-7. What promises are contained in these verses? What advice does Paul offer to the Philippian Christians? What of it is relevant to our lives today?