

Introduction:

1. Describe a time when you were really impressed by someone overcoming fear by the way they handled something difficult.
2. If you could picture yourself as a runner throwing off extra clothing so they could run better, what obstacle that's holding you back would you most like to get rid of?

Understanding:

3. Read John 11:45-57. This is right after Jesus raised Lazarus. When Jesus retreats here is He paralyzed by fear? Later on, after the events in this passage, what does Jesus finally do? How does that instruct you?
4. Read 1 Kings 1:5-6, which describes Solomon and his son. What is the weakness in the relationship? Could fear have played a part? What lesson is there for you?
5. Read 2 Timothy 1:7-8. This exhorts us to turn from the sin of fear. How might this be painful? What gives us the power to do it anyway?
6. Compare Zechariah 9:9 and John 12:14-15. Zechariah wrote, “Rejoice greatly”; John wrote, “Do not be afraid.” Does this mean that John is misquoting Zechariah? If not, what is going on here?
7. Read Proverbs 14:26-27. How does the kind of fear described here differ from the fears of pain, loss, etc. described in today's sermon? How can it be an antidote to fear in your own life?
8. Jesus doesn't exercise his power the way most kings do. So we overcome fear not just through the power of Jesus, but also through The Humility of Jesus. Read Matthew 12:18-21.

Contrast this kind of humble king with the rulers that you find in the world. At the same time, how is Jesus here different from the wimpy Jesus you might see in an old bible epic?

9. Read 1 John 4:16-19. According to this passage, why might we be afraid? What is the remedy? How does that help you with your own fears?
10. Read Romans 8:15-17. If we are afraid what happens to us? What is the remedy? Is having more of Jesus always pain-free? Why?

Application:

11. As you look at your life, where do you see fear paralyzing you? Where do you see it holding you back from something that you know is right, or something that you've dreamed about? Where do you see your fear hurting other people—maybe it's hurting your family, or the people you lead? Ask the Lord to give you the humble confidence to repent and do a 180 degree turn from it.
12. Is there a person, or a situation, that just terrifies you? You just think about this person or this situation, and you feel the anxiety rising. Anything like that in your life? You need to know that Jesus is infinitely more powerful. Ask Him to show you how to overcome that anxiety.
13. Consider whether one of these action steps applies to you:
 - A. It's time for you to **have** a difficult conversation.
 - B. It's time to **take** a risky step.
 - C. It's time to **declare** allegiance to the King. Maybe you have admired Jesus from afar, and you've had a general belief in him, but you've never made it personal. And it's time to make that step.