

INTRO

- What is your favourite place to go to see the fall colours?
- Do you have any fall activities that you like to enjoy?

READ

Desires within battle – Gal 5:16-17

Love lost, fear begins – Gen 3:8-11

Paul's battle of desires – Rom 7:23-25

Displacing fear with love – 1 John 4:18

The battle won by Jesus – Matt 26:39

REFLECT & RESPOND

UNPACKING FEAR

Since the fall of humankind everyone experiences fear and anxiety.

1. Good fear (e.g. for protection)
2. Normal fear (e.g. anxious about a job interview or preaching a sermon)
3. Sinful fear. When fear is expressed as unbelief or distrust in God's nature, character or promises
4. Traumatic fear. When fear is a result of past trauma it requires a process of discernment and healing

Qu: Do you feel you are quite aware of your fears and anxieties?

Qu: Where do you hold anxiety in your body?

GROWING IN LOVE

There are many verses in the Bible where God tells us not to fear. He knows it is impossible for us to never fear because of the fall. Think of God's commands not to fear as expressions of His love and care just as a parent comforts a child. A father might pick up his child after being barked at by a dog and say, "Don't be afraid, daddy's here."

Practical ways to grow in the love of God and displace fear:

1. Memorize and meditate on "fear not" Scriptures.
2. Fellowship with other believers.
3. Commune with the Holy Spirit

TAKING STOCK

We must admit that we are somewhere on the fear-love continuum.

If we live in an **over realized eschatology**, of all kingdom now, we become detached from the reality of the fears that still exist in our hearts.

If we live in an **under realized eschatology**, of no kingdom now, we become detached from the reality of the love of God that is available to us now.

Qu: What are some fears you battle?

Qu: What do you need to do so that you can grow in your "love over fear" battle?

CONCLUSION

Adam and Eve lost the battle of desires in the Garden of Eden, but Jesus won the battle in the Garden of Gethsemane. The battle has already been won for us by our Saviour and he gives us His victory by grace. Our hope is not built upon how well we do in our own battle of love over fear, but on the fact that Jesus has already won the victory for us.

PRAY

- Pray for one another to grow in love and overcome fear
- Pray for any needs that may be present in the group