

# The Cure for Fear

Isaiah 41:8-10

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Unstoppable Hope

## Reflect

Outline: Recap

## Realize

Points to Ponder

## Respond

Questions to draw out understanding.

## REFLECT

At the best of times, there are so many things we find ourselves afraid of...In uncertain times, it's easy for our fear to rage off the charts! The beautiful thing for followers of Jesus is, even though we still feel afraid, we don't have to let it drive our lives. God offers us a cure for fear! In this message, we'll learn how we can live by faith instead of fear and discuss it together!

## [LINK to SMALL GROUP VIDEO MATERIALS](#)

## REALIZE

### 1. We've been chosen to serve.

- **Isaiah 41:8-9**
- **Leader Notes**
  - God has chosen, not only the children of Israel, but by extension, all followers of Jesus. All the people of God are chosen...to serve. That doesn't sound very glamorous, but when we follow Jesus, he changes our priorities so that serving others becomes our top priority.
  - Jesus himself didn't come so that we might serve him, but so that he might serve us. His is the greatest example of self-sacrificial love, in which he laid down his own life for us.
  - God's call on our lives to serve isn't dependent on certain times or circumstances — it's part of who we are! Even in uncertain times, times of fear, we are still chosen and called to serve others.
- **Describe a time someone served you in a way that made a difference for you practically and emotionally. How can you serve someone else this week?**

### 2. God's presence cures fear.

- **Isaiah 41:10**
- **Leader Notes**
  - God tells us to "fear not, for...I am with you." He's saying the great cure for fear is himself! So when we are afraid, when times and circumstances are scary, we have the cure for fear because God is always with us.
  - God can take care of even our present struggles and stressful situations. When we feel uncertain, he is certain and unchanging. So when you feel afraid, introduce your fear to your God.
  - Our biggest problem is never a bad situation but that we forget God is with us in the midst of it all. If you're fearful right now, say this simple prayer: "God, I know you're with me." And then,

allow the love of God to cast out your fear. We can experience God's presence in our present circumstances anytime.

- **How are you experiencing God's presence right now? What are some daily rhythms you can build into your life to cultivate an awareness of God's presence? If you are already spending regular time with the Lord, how can you remind yourself God is truly with you?**

### 3. Trust God's promises.

- **Isaiah 41:10**
- **Leader Notes**
  - There are 3 "I will" statements in this passage of Scripture — those are promises of God. God promises, "I will strengthen you. I will help you. I will uphold you with my righteous right hand."
  - God's promises are just as true today as they were yesterday, and as true as they were thousands of years ago when God first spoke those words to the prophet Isaiah.
  - God knows everything about us, from the hairs on our head to the fears in our hearts.
  - God doesn't make promises he doesn't intend to keep. God is both a Promise-Maker and a Promise-Keeper.
  - God is inviting us today not to listen to our fears, but to be filled with joy unspeakable and trust him. God's promises are true in good and uncertain times. The only way we can experience God's faithfulness is to trust in Jesus.
- **In these uncertain times, will you trust God? What are some of the fears you have right now? How do God's promises in Scripture apply to your fears? What would it look like for you to trust his promises in the middle of your fears specifically?**

#### Optional Follow-up Questions:

- What makes you say that?
- How do you feel about that?
- How would you explain your answer to a non-Christian friend or neighbor?
- Why did God design it to work that way? Why not just do (whatever else) instead?
- What would you say to someone who disagrees with that?
- Why do we really have to do it like that? Why can't we just go (some other route) instead?