

# LIFE HACKS

## Big Idea

The coronavirus is sweeping across the world. Cities, regions, and even countries have been isolated to slow down this pandemic. Schools, non-essential businesses, and borders are closed. Grocery stores are emptying out. Many states have issued stay-at-home orders for residents. The stock markets are plummeting. Many people are reacting with fear. How are you reacting? Pastor Curt brought a very timely message this weekend titled How to Overcome Fear.

There is a fear hierarchy with these five key fears: death, injury (phobias like fear of spiders), immobilization (or paralyzing fear), isolation (rejection, separation, being alone), and humiliation (how we view ourselves or how others view us). PC said, "The enemy (Satan) has a far sinister plan than just to make us be afraid, fear is actually a spirit that the enemy uses." PC used the story of Gideon from Judges 6 to expose the root and the mission of fear. Gideon responded to God with **anger, insecurity, and taking control**; these three responses to fear hijack our lives because instead of living in faith and trust we live in fear. **The ultimate mission of fear is to keep you from becoming who God made you to be and do.** Gideon finally went from fear to victory with God. God always wins and we win with God!

What are we to do when we **S.P.O.T.** fear in our life? **S**tand our ground, **P**ray for peace, **O**bject to lies, and **T**rust in God. The enemy uses fear to suppress us, God uses faith to bless us! It is time to fight because my future is on the other side of my fear. Like Gideon we can humble ourselves and trust God banishing fear.

## Discussion Questions

- Do you have any of these fears today: death, injury (phobias like fear of spiders), immobilization (or paralyzing fear), isolation (rejection, separation, being alone), and humiliation (how we view ourselves)?
- God met with and spoke to Gideon; read Judges 6:11-12. How did Gideon react to God and display fear from Judges 6:13, 14-15, and 16-18? (anger, insecurity, control). How are you reacting to fear and displaying your fear?
- We need to S.P.O.T. fear in our lives. What do the four letters stand for? See Exodus 14:13-14, then Philippians 4:6, then 2 Corinthians 10:5, then Psalm 56:3-4.
- It is time to fight because your future is on the other side of your fear. God is with you to strengthen you in every situation, every challenge, even if you're in a pit like Gideon was. What has God said to you that you need to trust Him for?

## Prayer Focus

Father, thank You for being my Healer and Protector. Please strengthen my faith and give me spiritual and practical wisdom as I walk through this season. I trust that, as You have done in the past, You will carry me through this uncertain time. Help me rest in the peace that only You provide.

## Next Steps

Spend time reading God's Word and reaffirm your faith with Scripture, rebuking any fear that threatens the peace you have in Jesus. Read Psalm 91 out loud daily. Look for ways to help your neighbors with encouragement, faith, and generosity.

## Leader Tip

Share Scriptures with your group that have helped you fight to turn your fear to faith.