

OVERCOMING SPIRITUAL & MENTAL TRAPS

THE FEAR TRAP

INTRODUCTION

This teaching series is looking at and reflecting on some spiritual and mental traps that could possibly hold us back when it comes to launching and multiplying Communities on Mission

These traps can be like an invisible force that does not let us move forward. Sometimes just identifying and calling them out by name can make a real difference. Other times we need to dig deeper and reflect on how we can overcome them.

In this session we want to overcome the FEAR trap.

STEP #1



Reflection

1 John 4:18 is a well-known verse: “There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected in love.” (ESV) The Word makes a direct correlation between the feelings of fear and punishment. We fear because we may suffer punishment. Punishment comes in various forms too numerous to list... scorn, ridicule, loss of face, rejection and much more.

If you are suffering any measure of fear about the launch of Communities on Mission ask yourself what “punishment” are you fearing? What is the very worst that can happen in this wonderful, love-motivated attempt?

This verse continues and a bit later in the text this phrase stands out: “And so we know and rely on the love God has for us.”

It might seem silly to think of our fear being rooted in “punishment” but what “punishment” might we be fearing as we engage in Communities on Mission efforts? And how confident are we in relying on “the love God has for us”?

STEP #2



Watch the Video

STEP #3:



Answer reflection questions

For our reflection questions, let's re-visit the story Philip used from Scripture. Here it is again.

“Shortly before dawn Jesus went out to them, walking on the lake. When the disciples saw him walking on the lake, they were terrified. ‘It’s a ghost,’ they said, and cried out in fear. But Jesus immediately said to them: ‘Take courage! It is I. Don’t be afraid.’ ‘Lord, if it’s you,’ Peter replied, ‘tell me to come to you on the water.’ ‘Come,’ he said. Then Peter got down out of the boat, walked on the water and came toward Jesus. But when he saw the wind, he was afraid and, beginning to sink, cried out, ‘Lord, save me!’ Immediately Jesus reached out his hand and caught him. ‘You of little faith,’ he said, ‘why did you doubt?’ And when they climbed into the boat, the wind died down. Then those who were in the boat worshiped him, saying, ‘Truly you are the Son of God.’ Matthew 14:25-33

REFLECTION-QUESTION #1:

Note what Jesus says to Peter following his “sinking experience” ...”Why did you doubt?” In the video teaching Philip helps us to see or at least consider that the object of Peter’s doubt was not doubt in Jesus or the capability of Jesus to enable him to walk on water but rather doubt in himself, doubt in his own capability in Christ.

What creates the greatest feelings of self-doubt for you? What did you think of the quote from Marianne Williamson used in Nelson Mandela’s inaugural speech in this regard? How does reflecting on who God has made you to be and how God is empowering you help you overcome self-doubt?
