

WORSHIP

SUGGESTED WORSHIP SONGS:

Don't Ever Stop, The Battle is the Lord's, Still, Crown Him King of Kings

WELCOME

Fear Not. What are your top 3 worries or fears in life?

WORD

JOHN 14:1-2

¹*Do not let your heart be troubled; believe in God, believe also in Me.* ²*In My Father's house are many dwelling places; if it were not so, I would have told you; for I go to prepare a place for you.*

DO NOT LET YOUR HEART BE TROUBLED

People often worry about money, relationships, future, health, death and many other things that are outside of our control. However, we have to remember, it is how we respond to these things that is actually more important.

Just as Jesus commands us not to worry, He also gives us the solution for our tendency to worry.

*"Do not let your heart be troubled;
believe in God, believe also in Me."*

John 14:1

Jesus tells us that we should not be troubled and that we are to believe in God instead because He is in control. Until we know who God is, we will always be troubled and we will always worry.

BELIEVE IN GOD

It is one thing to believe in God, it is another thing to know what kind of God we believe in. If we want to know God, Jesus is saying we should look at Him for it is He who can show us what God is like (**John 14:7-9; 1:18**).

Jesus is omnipotent. He controls the wind, heals the sick, makes the blind see and the lame walk, and He has authority over life and even over demons. But more than that, Jesus showed that God is a personal Being. He loves us, cares for us and has compassion for us. He is after our best interest. This is an aspect of God that people did not know. So Jesus tells us to believe in Him as we believe in God.

Whenever we are afraid, it is a reminder to put our faith in the Lord. Faith and fear do not go together. When faith enters, fear departs.

The entire Christian life is a journey. The more we know the Lord, the more we will trust Him.

ANTIDOTE FOR A TROUBLED HEART

To worry or not is a choice. Jesus promised us four ways to overcome worries:

1. Place (**John 14:3**)

Heaven is a real and beautiful dwelling place because this place is the presence of the Lord. We cannot imagine how beautiful it is (**1 Corinthians 2:9**). Those who belong to God should not be afraid of death because Jesus has prepared a place for us.

Jesus is the Way to the Truth and to Life (**John 14:6**). He is the only Way to heaven (**Acts 4:12**). Our life on earth and our future destiny depends on our relationship with Jesus. Jesus promised that if we have Him, we are guaranteed that He will take us to an eternal home -where there shall be no more pain, suffering, mourning, and death (**Revelation 20-21**).

2. Prayer (**John 14:13-15**)

Many times we have problems which are beyond our control. What is within our control is how we respond to it: which is to keep on loving God and keep His commandments. For anything in our life that is outside our control, we should pray and trust God.

The secret to answered prayer is the motive behind the prayer and its results. The condition is to pray in Jesus' name with the motive to glorify Him.

WORD (cont'd)

3. Paracletos (John 14:16-17)

The Christian life is not difficult, it is impossible to live by our own strength. Jesus knows that we need Him. It is for this reason that Jesus promised us the Holy Spirit (Paracletos) to stand alongside us, help us, give us the strength and power.

The Holy Spirit is our Helper, who empowers us to overcome worries, temptations and weaknesses. It is when we receive Jesus and have the Holy Spirit inside us that we are transformed from the inside out and live a Spirit-filled life.

This is what enables us to walk by the Spirit and to bear fruit (**Galatians 5:16, 22**).

It is not about how much of the Holy Spirit we have, but how much of us the Holy Spirit has.

God wants to have control of our entire lives. When we surrender complete control of ourselves to the Holy Spirit, we experience real peace, joy and fullness of life.

4. Peace (John 14:27)

Jesus promised to give us peace. The world's peace is shallow, temporal and oftentimes either apathetic or an avenue to escape. God's peace is not the absence of problems but having the presence of God in our lives even in the midst of problems.

Because of Jesus' promises, we should not fear death. The day will come that we will depart from this world but if we belong to Jesus, we will not travel alone because we will be with Him. Jesus is our comforter, let not our hearts be troubled.

DISCUSSION QUESTIONS:

(Leaders: Please choose questions that are appropriate to the level of spiritual maturity of your members)

1. **Do not Worry.** What is the command and the promise of Jesus in **John 14:1-2**?
2. **Promise Keeper.** Which promises of God help you overcome worry, fear and anxiety?
3. **Fearless Faith.** How will you overcome your worries/troubles/fears given your faith in Jesus?

WORKS

FAITH OVER FEAR

Go back to your top 3 list of worries and fears. What is your default response to them? Is it to fight (defensive or offensive); to flight (escape and avoid), or to freeze (apathy or self-defeat).

Write down your steps of action to replace your default response with Faith in Jesus (Spirit-filled and Spirit-controlled life). Share this exercise with your accountability partner/group for prayers and accountability.

WORRIES / FEARS	FIGHT / FLIGHT / FREEZE RESPONSE	FAITH IN JESUS RESPONSE
1		
2		
3		

WEEKLY PRAYER POINTS

I. Thanksgiving

- Worship God for who He is, what He has done, and what He will do in our lives

II. Country and the World

- Upright and moral governance of Public Servants and a God-centered Philippines
- Repentance and Salvation

III. Church

- That CCF Members would honor and love God and make disciples
- Elders, Pastors, Leaders, and Families
- Ministries and Churches worldwide

IV. CCF Facilities

- Worship and Training Center
- Prayer Mountain

V. Personal Concerns

- Deeper intimate relationship with God
- Righteous living
- Salvation of family and friends