



SUNDAY, OCTOBER 10, 2021

GROUP CHECK-IN:

Part of the rhythms of us as a group is to move beyond just *learning* but moving through life together. This space to start is a great way to begin to move into sharing rhythms, trusting, and being faithful with the relationships entrusted to us.

As this series delves into some topics that can be heavy and perhaps triggering, we want to start by recapping the house rules Brannon gave us to start this series. These will help guide you and hopefully shape a safe environment for the Holy Spirit to move full of *grace and truth* (John 1).

1. House Rule #1: Any conversation around mental health should be grounded in love. (1 Corinthians 12: Jesus never shames sufferers)

- Reminder: we may all have different *ways* to understand how we deal with mental health, but shaming someone who comes at it from a different viewpoint is **never** Gospel-centered.

2. House Rule #2: Individuals are not issues. (See: Proverbs 20:5)

- We love, we don't shame.
- We see others as people, not as their problems.

3. House Rule #3: Dimmers are better than light switches.

Before you continue, stop to pray for one another and that the Holy Spirit would lead your **conversation** and **listening**. Ask Jesus to be glorified in your time together.

SERIES OVERVIEW:

Stuck will deal with the question *“What prevents me from doing that? How do I get stuck?”* We are going to deal with the topics of anxiety, fear, shame, and worry. The bottom line in how we approach all of this is ***silence is not a solution.***

SUNDAY RECAP:

This start to our series “Stuck” dives into dealing with some difficult topics where our solution is not to be silent. Pastor Brannon Marshall continues week two of “Stuck” talking about fear. As we dive into 2 Kings 6 we come to the truth that fear is any belief in me that prevents God’s best for me.

CONVERSATION QUESTIONS:

- Pastor Brannon talked about the reality of being honest about our enemy and the things we fear. However, he called us not “make little of our enemy, but make much of our King.”
 - Do you tend to try and downplay fear for yourself? Do you tend to downplay fear in others? What is the difference between making little of what we fear versus making much of our King (Jesus)?
- 2 Kings 6 showed two ways to fear man: by thinking of what they might do and by responding by what you can do to them. However, Elisha focuses on what God has done and what God wants to do. ***Fear of man twists your heart while fear of God frees your heart.*** Take time to discuss the challenges of focusing on what God has done rather than focusing on what man can do.
- ***Fear is any belief in me that prevents God’s best for me.*** What fears cause you to be stuck? What things in your life or our current season cause you to be in fear? (Note: don’t think just “scared” - but cause you to act on “what if...” in a way that is so focused on if this person/place/thing doesn’t happen then a...b...c... will happen.) Hold on to your response for the next section.

EVERY DAY TO EVERYONE:

This series will shape our closing section a little differently. We want to give a helpful tool as well as an open invite.

If you are dealing with fear, feeling stuck, have felt as though you cannot talk about it - we want you to know you are seen and you are loved. We would love to have a conversation with you. Whether it is to sit and talk or walk with you to find the help you need in your battle, please reach out to us.

You can email Matt Brumfield, Online Community Pastor at matt@ncchapel.com or text/call at 330.285.2821

We also want to give you space to walk through whatever fear you responded in the end of the **conversation questions**.

1. WATCH

“Emotions are great gauges, they are terrible guides.”

If you haven't, identify the fear that causes you to be stuck. The “what if...” that rises up in you and tends to drive your thinking, acting, being. If you are struggling to identify, you can do 1 or 2 things.

Rejoice! - Rejoice that you are in a season of calm and peace. But be vigilant - we will face struggle in our season on earth (*John 16:33*), for we have a real enemy waiting to pounce (1 Peter 5:8-9).

Seek - Take inventory of your life. You may not notice in the moment, but we need to be watchful (1 Peter 5:8-9). Ask the Holy Spirit to search you and show you if there is anything that is getting in the way of experiencing God's best for you. (Psalm 139:23)

2. ASK

“Asking for help could be the most courageous next step you could make.”

This portion of next steps looks different for every person. This may not be something you want to share with your group, but maybe even as simple as asking them to pray you'd be humble enough to make the ask you need to ask.

Don't do it alone! *Pride wants you to think you can handle it, but we weren't created to do it alone and we don't have to be ashamed to admit we need help.* Admit to yourself that you may not know how to conquer fear on your own. If you know you need help, but don't know where to turn or who to ask, please reach out to us here at NCC and we would love to come alongside and help you find that next step and get the help to conquer that fear. Jesus is with you and Jesus is for you. You are not alone in your battle with fear.

3. REMEMBER

“Remembering what God has done is the best way to convince myself of what God can do.”

Make space to journal (either on paper, type a note on your phone, record a voice memo, or however else best suits you.) Reflect back on how God has moved in your life. Look at characteristics of who God is from His Word and how He has been that in your life. (For example: Provider, Defender, Savior, Healer, Comforter, Guide, Refuge, Sustainer, Father, Ever-Present)

This would even be a great opportunity with your family or group to share a truth of who God is and give Him praise for how He has been this in your story or in your group's story.

Spend time in His Word, pour over it, and see the truth of who He is (not just then, but now and forevermore.) If you feel stuck, unsure what to read, or where to turn, please reach out.