

GROUP DISCUSSION

Questions for facilitating dynamic discussion

Fearless

Week of April 20, 2019

Week 1: Easter (Jeff Griffin, Senior Pastor)

Matthew 28:1-10

At our Easter services we kicked off a new seven-week study of God's plan for us to be freed from fear. The first biblical encounter with the resurrected Christ centered on the topic of fear. Easter speaks hope to those plagued with anxiety and worry!

Kicking it off: Jeff confessed his fear of heights and public speaking. Do you have any phobias that you're willing to tell the group about?

Discussion:

1. Reread *Matthew 28:1* After the Sabbath, at dawn on the first day of the week, Mary Magdalene and the other Mary went to look at the tomb.

What was scary about this early morning mission of the two women?

2. Reread *Matthew 28:2-4* There was a violent earthquake, for an angel of the Lord came down from heaven and, going to the tomb, rolled back the stone and sat on it. His appearance was like lightning, and his clothes were white as snow. The guards were so afraid of him that they shook and became like dead men.

What effect did fear have on the guards? What detrimental effects can fear have on us?

3. Reread *Matthew 28:5-6* The angel said to the women, "Do not be afraid, for I know that you are looking for Jesus, who was crucified. He is not here; he has risen, just as he said. Come and see the place where he lay."

The women only saw part of their story. They knew the bad news but needed to learn the good. What good news in your story can help you gain perspective on the bad?

4. You've heard it said, "Don't sweat the small stuff." In what sense is it all small stuff?

5. Reread *Matthew 28:9-10* Suddenly Jesus met them. "Greetings," he said. They came to him, clasped his feet and worshiped him. Then Jesus said to them, "Do not be afraid."

How can we cling to Jesus?

6. Reread *Psalms 23:4* Even though I walk through the valley of the shadow of death, I will fear no evil for you are with me.

How does the tangible presence of the Lord dissolve our fear?

Wrapping It Up: Pray that God would diminish our fear by helping us connect with "The Resurrection" and "The Resurrected One".