



## Introduction

There is a silent killer in our world daily strangling the life out of its victims. Its weapons consist of depression, anger, eating disorders, stress and sickness. What is this killer? Acts 18 gives us an insight into the life of Paul as he struggles with this issue. Let's 'lean in' to hear a direct word from God to Paul about how it is already beaten!

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RESOURCES

June 10<sup>th</sup> 2012

Acts 18

"No fear"

Community Group Notes

## Examine

Read Acts 18:1-11; 1 Cor 2:1-5; 1 Cor 6:9-10

- Describe a time when fear of something put you into 'fight or flight' mode.
- What is the difference between fear and anxiety?
- What was Paul afraid of?

Four ways to deal with anxiety in a biblical way

### 1. Focus on pressing ahead ("... go on speaking...")

- What does God instruct Paul to do after telling him that he is not alone?
- Why does God instruct him to 'press on'?
- How does pressing on help our anxiety?
- How does pressing on "make much of Jesus"?
- Examples?

### 2. Focus on the Infinite ("...do not be afraid...")

- How does focusing on ourselves and our own lives lead to increased anxiety?
- How does an appropriate view of God lead to freedom in this respect?

### 3. Focus on the "I" ("...for I am with you..")

*"Our security doesn't come from what we have achieved or what we have, but from Jesus"*

- Paul's education, brilliance and success was not enough in his time of trouble. Why?
- How does focusing on Jesus, His life and His sacrifice become 'enough' for us in difficult times?

### 4. Focus on the enemy to fear ("...I have many in this city who are my people...")

What is the ultimate enemy to fear? (1John 4:18)

*"God designed us to be filled with His love (Rom 5:5) and to live in loving community with each other"*

- How does living in a loving church community combat fear and anxiety in our lives?