

## Connect Study 6

### ***I Can Walk Under Ladders***

#### **Background:**

Pastor Donna Crouch launched a new series “Finding freedom through....”. She made the point that freedom from fear is a journey that we are on every day of our lives.

Fear can be thought of as an acronym - **FALSE EVIDENCE APPEARING REAL**.

Fear exists in different life stages but the three most common fears are –

Am I enough?

Do I belong?

Am I safe?

There were four ways that we can respond to FEAR and overcome it:

- Face the fear
- Challenge the fear
- Replace the fear with the truth
- Practice makes perfect

#### **Scriptures:**

Read the following scriptures together

- 1) Romans 8:15
- 2) Galatians 5:1
- 3) 2 Timothy 1:7

#### **Discussion:**

Pastor Donna gave us four ways to respond to FEAR in our lives (see above in background notes).

- 1) Identify a fear that is holding you back in some area of your life – what is trying to keep you small or what do you find yourself avoiding? Share with the group.
- 2) Think about the fear you've identified. Briefly share what you see as the best thing that can happen and the worst thing that can happen if you did the thing you are afraid of?
- 3) Help one another to find a scripture that replaces the fear with the truth of God. Make sure to write it down!

## **Prayer**

Please spend time praying for each other and committing yourselves to walk in freedom from fear. Pray for opportunities to invite others to come to Sisterhood where they can find their own pathway to Freedom.

## **Nation Builders**

Nation Builders is the Missions Giving for 4 Church. Your regular contributions in your Sisterhood Connect group support various mission projects around the globe and is one of the ways in which we can make a generous contribution and leave a lasting legacy.

## **Pastoral Care**

We have a pastoral care team at church to walk alongside people in your group who may be going through a tough time.

Please contact the church office Sydney (02) 8853 5353, Melbourne (03) 9720 2099, Brisbane (07) 3422 8500 or Newcastle (02) 4927 1888 to let us know of anybody in your group (with their permission) who have sickness, death of a loved one, marriage challenges or surgeries.