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## Growth Group Homework

For the week of March 9 – March 14, 2020

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### GETTING TO KNOW YOU

1. What is one of the most important lessons you learned last year?
2. What is one of the most frightening things that happened to you last year, and how did you overcome the fear?

### GOING DEEPER (used from the book, "Ultimate Reliance" by Sue Nelson Kibbey, 2019)

1. Be Not Afraid is a one-sentence breakthrough prayer practice that you can use in moments or seasons when you are slowed or held back by fears that have convinced you God's activity isn't present or imminent. Fear may spring up when you need to do something in which you are not confident. Maybe it appears when you need to visit someone critically ill in the hospital, or teach a class for the first time or on an unfamiliar subject. It could spring up when you need to handle what you know will be a conversation with someone who can get loud and angry. Fear might be fueled by the past: an action for which you need to ask forgiveness, or a memory of when you were adversely wronged... (p.25)

*Place an empty chair in your table or in the center of the room. Invite yourself, or each person in your group, to imagine that a self-identified fear motivator is seated in the empty chair.*

1. What is the name of a circumstance, reality, task, responsibility, or potential, big or small, that you imagine seated in that chair? Is it new or has it been around for a long time?
2. What fear is it capable of prompting in you? What is the self-talk that is then generated?
3. Think about your life's "traveling companions," at church or personally, who regularly surround you. Is there anyone who is or has (intentionally or inadvertently) validated or multiplied your fears and contributed negatively to the self-talk in your mind?

Conversely, has anyone suggested powerful replacement scripture or prayer truths for you to consider as a breakthrough prayer practice to disrupt a fear sequence you are experiencing? If so, what?

4. Look, in your mind's eye, at what you have seated in the chair. What, if anything, might your resultant fears and self-talk have cost you in terms of progress on your spiritual path of faith?
5. In the prayer-holds of Be Not Afraid (Strength, Accomplish, Streams, Abundance), to replace the self-talk that fears prompt. Are any of these prayer-holds a fit for you? Can you think of any others that fit here?
6. Look again at the empty chair, and imagine what is seated there. But this time, look at it from your group members' perspective of your current shared work and challenges. How would you describe what you see?
7. Discuss or journal about what single-sentence version of breakthrough prayer you could collectively embrace to allow God to change limitations into holy momentum.

## TAKING IT HOME (Application)

1. Pray aloud the Be Not Afraid Breakthrough Prayer or a one word prayer-hold that you intend to practice as a spiritual discipline in the days to come.

Prayer Requests: Share prayer requests and respond appropriately.



### **Growth Group Community Service Project**

We ask every group to take on at least one service project a year (the ideal is two) and to have at least one social gathering (potluck) per half a year. Please consider with your group members of what community service you'd like to participate in. There is a project list made by our church that you can join in and outside the church.

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Reference

- Sue Nelson Kibbey, *Ultimate Reliance*, Abingdon Press, Nashville, 2019