



Wise Up – Week 2 – Wise Up to Fear
Spiritual Formation Guide

This life presents plenty of opportunity to fear, but it's time to wise up. When you're tempted to fear, lean into the promises of God. He makes good on his word every time. So, don't be afraid. God's promises have you covered.

The Lord is my light and my salvation— whom shall I fear? The Lord is the stronghold of my life— of whom shall I be afraid?
Psalm 27:1

If God is for us, who can be against us? He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things?
Romans 8:31

“I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world.”
John 16:32-33

Then the whole community began weeping aloud, and they cried all night. Their voices rose in a great chorus of protest against Moses and Aaron. “If only we had died in Egypt, or even here in the wilderness!” they complained. “Why is the Lord taking us to this country only to have us die in battle? Our wives and our little ones will be carried off as plunder! Wouldn't it be better for us to return to Egypt?” Then they plotted among themselves, “Let's choose a new leader and go back to Egypt!”
Numbers 14:1-4

“As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts higher than your thoughts.”
Isaiah 55:9

Discussion and Reflection Questions:

- What stood out to you from Sunday's service? How were you comforted & how were you challenged?
- In his message, Eddie prompted us to ask ourselves, “Does it matter to me what God has promised?” What keeps us from remembering and relying on God's promises? What makes it especially hard for you?

- Read these verses out loud – Psalm 27:1, Romans 8:31, and John 16:32-33. What do you notice? (Let several people share quick responses before you discuss in detail.)
- Look at the story in Numbers 14, where the Israelites cry and complain about their situation. How do you react to their questions and worries? Is there a circumstance in your own life where you can relate to them?
- Have someone read Isaiah 55:9 out loud. Let those words guide your prayer time – ask God to show you his wisdom and perspective this week.