



Week 1: Love > Fear
1 John 4:13-21

Live in _____ = Live in _____

_____ **drives out** _____;

_____ **drives out** _____

Love _____

Want to go deeper?

Check out some ideas the back and pick up the Love Does book by Bob Goff. We'll have reading suggestions starting April 10th.

For this week...

Take time this week to reflect on which common 'fear' mentioned during the sermon is the one that most shows up in your life:

- Fear of "What if..."
- Fear of "Failure"
- Fear of "Not mattering"
- Fear of "Not having enough"

How does this fear specifically show up in your life? Think through this and be specific with yourself. Ask someone who knows you well if you're stuck (or would benefit from accountability).

What is your default reaction when this fear shows up?

What do you need God to do regarding this fear?
How do you need God's help? Spend a few minutes right now asking for that help.

Do you have children?

Here are a few ideas of how you can work this into your family's life. You could easily have these conversations around the breakfast or dinner table, or any other time your family is regularly together (bed time, car rides).

Day 1: Ask your child(ren) to define love. During the conversation, highlight the relational aspect of love (vs. the love of, say, hot dogs). How do we know when someone loves us? After they answer, Read 1 John 4:7-10. What are some ways we know God loves us?

Day 2: Briefly review what you talked about last time. Then, ask "Who is someone in their life that you love?" "Why do you love them?"
Read 1 John 4:11-12. What does this tell us happens when we love each other?

Day 3: Briefly review Day 2. Then, ask your child(ren) to define fear. What scares them? Ask them for ways that fear shows up in our relationships (if they need help: scared to talk to someone new or afraid to admit I was wrong). Share with them ways you have seen fear keep you from loving others.

Day 4: Briefly review Day 3. Read 1 John 4:18. Ask: what drives out fear? (can you give them an example from your life?). Then, read 1 John 3:18. If love drives out fear — what does love have to do? (hint: the answer is in the question). Ask, "what is one way you could put love into action today?"