



Come Matter Here: Love Over Fear | September 23, 2020

Discussion Guide

The Scoop

We often make decisions out of fear rather than love. Even in our faith, we seem to focus on less bad, rather than more good.

Key Verses

John 3:30

"He must become greater; I must become less."

Discussion

If you were in a room that was on fire, you wouldn't just stand in one place and yell "fire, fire, fire." You would most likely do something about it like grab a fire extinguisher, find an escape route, or call 911 for help. It would look ridiculous to stay in a burning room all the while simply pointing at the fire. However, in life, we often get focused on problems. We zero in on them and essentially stand still and point them out. This focus on the problems steals meaning from our lives.

1. What are some common problems we tend to focus on without any intentions of solution?
2. Can you think of any specific problems in your life right now that you have you stuck?

In *Come Matter Here* by Hannah Brencher, Hannah focuses on the comparison of two consecutive stories in the Bible in Mark 6. Beginning with the beheading of John The Baptist and immediately followed by the story of Jesus feeding 5000 people. It feels jarring to go from such tragedy to a miracle, but Hannah discovers a connection between the two that maps onto our lives. The beheading of John the Baptist is a fear based story where the feeding the 5000 is a love based story. When we focus on fear (the problem), we lose our heads. When we focus on love, we experience abundance.

3. How might you be seeing things from a fear based perspective or a scarcity mentality?
4. In what ways can you shift to seeing things from a love perspective marked by abundance?

The shift to love over fear is easier said than done. John 3:30 tells us, "He must become greater; I must become less." Although we cannot eliminate fear entirely, we can intentionally adjust to reflect more of Jesus than ourselves. Replacing fear and negative thoughts with prayers that counteract is a life giving habit. Consider little under your breath prayers: breathe in "He must become greater" and breathe out "I must become less."

5. How does more Jesus and less self adjust your mindset?
6. What might be some other examples of short "under your breath" prayers for replacing fear?

What's Next?

If it's been awhile, pick up Mark 6 and re-read it to see and experience the opposite sides of love and fear. This week in your faith, practice prayers that encourage love and abundance. Repeat them under your breath as a habit to replace the fear that steals meaning from us.

You can find a template of our 5-minute faith journal at faithinfive.com to further engage your goals and connect them with your faith.