bible study

Overcoming Fear In The Face Of Trial

By Cindy Steinbeck Newkirk

Opening: Lord, You declare, “Ask anything.” Please open our eyes and ears to Your Word. Give us boldness to ask in confidence. May we delight in receiving the assurance of Your presence as we face the trials life brings. In Jesus’ name. Amen.

Facing the Why’s: Facing trials and responding with prayer go hand in hand. What are our prayers during trials? “Lord, take it away!” or “Lord, I’ve learned my lesson, please ease my pain.” or “Why, Lord?” List trials you have faced, are facing, or expect to face. Share one from your list with your small group.

According to James 1:3, what do trials produce in us? What are some ways we react negatively to our trials? What are some positive side effects of our facing trials? Why are fears and anger powerful motivating factors as we face trials? How can we move from fear and anger to joy through a trial?

Getting Unstuck: Heavy rains left some of our vineyard roads unexpectedly slippery and soggy. A friend, who thought she knew the best way to our home, drove toward our home down a road she recognized from a previous, “drier” visit. Within moments she was stuck in the mud. The harder she tried to become unstuck, the more stuck she got. Our embarrassed friend called us to say, “I am really stuck and I need help.” She needed help getting unstuck. Why do we all need help getting unstuck?

What do James 1:5 and James 1:12 call us to do as we face trials and the fear associated with them? Why does James place emphasis on praying for wisdom? (Read James 3:17–18.)

Strength Under Control: James also places emphasis on receiving with meekness. A working definition of “meek” in the Scriptures could be “strength under control.” The words meekness, humility, and gentleness are used by translators of the Scriptures to convey the idea in the Greek word prautes. However, prautes is not readily expressed.
in English since the term “meekness” in English suggests weakness. *Prautes* is a condition of mind and heart that demonstrates gentleness — not in weakness but power. It is a virtue born in strength of character, according to *Lexical Aids to New Testament*.

What does *James 1:21* call every person to receive with meekness? What, or rather Who, is the implanted Word?

James is a book written to Christians, people like us who live in relationship with the living Lord. Read *James 1:19–20* and review the list of “what to do” to be both hearers and doers of the Word of God, that is, people who live in a healthy relationship with God, self, and others.

When we face trials with fear, our ears close and our mouths speak quickly, either as a result of anger at circumstances or at ourselves. Discuss the importance of praying for wisdom as we face trials and meekness as we receive the implanted Word.

The Truth Is: If time permits, discuss these statements and how they can help us overcome fears in the face of trials:

- We work hard and expend so much energy trying to produce a “trial-less,” perfect life. God calls us to think differently, to count or consider it all joy as we face trials.
- Truth is — Jesus Christ. Jesus declared: “I am the way, the truth and the life” (*John 14:6a*). And wisdom is — Jesus Christ. Paul declared: “It is because of Him that you are in Christ Jesus, who has become for us wisdom from God” (*1 Corinthians 1:30a*).
- The Implanted Word dwells IN us, and His life-giving blood covers our sin, cleansing us and giving us new life. We were baptized into The Word of God, into The Truth, into Wisdom. We dwell IN Him, now and for eternity.

God calls us to be in relationship with Him and with one another, not to live in isolation, as we encounter fears and anger when facing trials. Our Lord can use us to help one another overcome fears in the face of trials, and He can use us to encourage one another to count our trials as joy.

Closing Prayer: Heavenly Father, grant us courage to ask for wisdom and boldness to cry out for meekness in receiving the implanted Word. Lord Jesus, grant us courage to cling to Your truth. Holy Spirit, provide friends to surround and guide us into a deeper relationship with You. Help us to be friends of wisdom and meekness to those around us. In Jesus’ precious name. Amen.

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Superando el Temor Ante la Prueba

Por la Sra. Cindy Steinbeck Newkirk

Apertura: Señor, Tú declaras, “Pídeme cualquier cosa.” Por favor, abre nuestros ojos y oídos a Tu Palabra. Danos valor para pedir en confianza y deleitarnos en recibir con seguridad Tu presencia mientras confrontamos las pruebas que la vida nos trae. En el nombre de Jesús. Amén.

Confrontando “Los ¿Por qué?” Confrontantote las pruebas y respondiendo con oración van a la mano. ¿Cómo son nuestras oraciones durante las pruebas?

Suelen ser “¡Señor, quítame esta prueba!” o “Señor, he aprendido mi lección, quítame este dolor;” o “¿Por qué yo, Señor?”

Haz una lista de las pruebas que has confrontado, que estás confrontando y que esperas confrontar. Compare una de estas pruebas con el grupo.

De acuerdo a *Santiago 1:3*, ¿cómo crecemos por medio de las pruebas? ¿Qué producen en nuestras vidas? ¿Cuáles son las reacciones negativas cuando confrontamos pruebas? ¿Cuáles son las respuestas positivas cuando confrontamos pruebas?

¿Por qué son el temor y el enojo factores tan poderosos en motivarnos cuando confrontamos pruebas? ¿Cómo vamos del temor y enojo al gozo cuando pasamos una prueba?

Sacándonos del parálisis: Hace poco unas lluvias fuertes dejaron los caminos cerca de mi casa lodosos y resbalosos. Una amiga, que pensó que sabía un camino mejor para venir a la casa, tomó un camino que había conocido en tiempos más “secos”. En poco tiempo su vehículo estaba atorado. Entre más que intentó sacarse del lodo, más se hundía. Con pena, me habló mi amiga para decirme, “Estoy bien atorada y necesito ayuda.” No iba a poder librarse sin ayuda. ¿Por qué necesitamos todos ayuda en librarnos cuando nos encontramos atorados?

¿Qué nos pide *Santiago 1:5* y *Santiago 1:12* que hagamos cuando confrontamos pruebas y el temor que las acompaña? ¿Por qué pone tanto énfasis Santiago en la petición para sabiduría? (Lean *Santiago 3:17–18*.)

Fuerza Bajo Control: Santiago pone énfasis en recibir todo con mansedumbre. Una definición práctica de