



A GUIDE TO

Faith & Fear

Name:

SOUL EXERCISES

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WELCOME TO SOUL EXERCISES!

We're so excited for you to start your journey through *Faith and Fear* and to learn more about this important theme in the Bible. In order to make this the best experience possible, follow these three steps to help you get started and keep going:

STEP 1 Learn About *Faith and Fear*

STEP 2 Choose Your Plan

STEP 3 Track Your Progress

STEP 1: LEARN ABOUT *Faith and Fear*

The opposite of faith isn't doubt - it's fear. We fear the outcome of something when we do not have faith it will work out the way we want it to. Fear is often a driving factor for how people live their lives. It affects decisions, relationships with other people, futures, and our perception of God. This is how Satan wants us to live - in fear that God will not follow through on His promises for us. The temptation to be afraid is one of the greatest tests of faith. We need to know the answer to the question: How do we learn to live lives of faith rather than fear?

Over the next six weeks, **you will discover how to combat fear by studying the promises of God.** There are countless stories of people just like you putting their faith before their fear, and great things happen. By reading real stories about real people in real situations, you will learn that fear can defeat, but faith will help you overcome!

STEP 2: CHOOSE YOUR PLAN

Read through the four plans and decide which plan you will commit to for the next six weeks. Choose the plan that works best for you, then write it at the bottom. Follow your plan each day.

- Plan 1** Study 1-5x weekly
Read & engage with daily Scripture(s)
- Plan 2** Read 5x weekly
Complete Plan 1 + read listed chapter(s)
- Plan 3** Pray 5x weekly
Complete Plan 2 + pray through prayer guide
- Plan 4** Add Spiritual Disciplines
Complete Plan 3 + choose option(s) from the list below

ADDITIONAL DISCIPLINES

- 1. MEMORIZE weekly Memory Verse**
Memorize verse(s) & recite in group each week
- 2. GIVE to your church**
Give weekly tithes/offerings and/or time serving others
- 3. FAST for 12-24 hours**
Abstain from food for 12-24 consecutive hours
- 4. JOURNAL your thoughts**
Write & reflect each week on the ways you are growing

MY PLAN: _____

STEP 3: TRACK YOUR PROGRESS

Once you have determined your training plan, you will be able to navigate through each day easily. Use this page as a way to remember when you have completed your exercise(s) by checking off, circling, or crossing it out. Each week, share what you're learning with your group!

Week 1: *Power - God Overcomes*

DAY 1 DAY 2 DAY 3 DAY 4 DAY 5

Week 2: *Protection - God Cares*

DAY 1 DAY 2 DAY 3 DAY 4 DAY 5

Week 3: *Provision - God Provides*

DAY 1 DAY 2 DAY 3 DAY 4 DAY 5

Week 4: *Promises - God Delivers*

DAY 1 DAY 2 DAY 3 DAY 4 DAY 5

Week 5: *Perspective - God Reveals*

DAY 1 DAY 2 DAY 3 DAY 4 DAY 5

Week 6: *Providence - God Controls*

DAY 1 DAY 2 DAY 3 DAY 4 DAY 5

WEEK 1

Power | God Overcomes

Day 1

Plan 1 • Study 1 Samuel 17:45-49

Plan 2 • Read Ezra 1

David's vocabulary was filled with faith that God would win this battle. Write out every word that he used in these verses that showed his faith in God.

Day 2

Plan 1 • Study 1 Samuel 17:8-11, 20-24

Plan 2 • Read Ezra 2

How would I describe the Israelites' reaction to Goliath? What makes me doubt that God will overcome the giants in my life?

WEEK 1

Power | God Overcomes

Plan 3 • Pray

Spend some time in prayer this week. Center your time in prayer on what you are learning in your daily exercises. You can pray through one or two focuses a day.

God, what are you teaching me...

...In the Bible?

...With my friends?

...At home?

...In my group?

God, I am asking you...

About my family...

About my friends...

About my church...

About my school/work...

About my country...

About the world...

WEEK 1

Power | God Overcomes

Plan 4 • Act

Consider adding additional spiritual disciplines to your time with God. Spiritual disciplines help us grow closer to God on a daily basis. In Plan 4, you can choose to do as many of these as you would like throughout the guide.

Memorize Hebrews 11:1

Now faith is confidence in what we hope for and assurance about what we do not see.

Give

Record who the gift was given to and the amount given.

Fast

Record the date and length you fasted for as well as how you felt.

Journal

In a separate journal or notebook, record what God has taught you, how you are feeling, or some of your favorite moments from small group this week.

Day 3

Plan 1 • Study Luke 7:1-8

Plan 2 • Read Ezra 3

What clues are in this passage that show me the faith of the centurion?

What clues can be seen in my life that God will come through for me?

Day 4

Plan 1 • Study Luke 7:9-10

Plan 2 • Read Ezra 4

What risks did the centurion take to reach out for Jesus' help? What

might have made him afraid of taking these risks?

Day 5

Plan 1 • Study Hebrews 10:35-11:1

Plan 2 • Read Ezra 5

Describe how faith and confidence go together in this passage.

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