

A low-angle, upward-looking shot of a hallway. The walls are made of vertical wooden slats, creating a strong sense of perspective and depth. At the far end of the hallway, a bright, rectangular light fixture is illuminated, casting a strong glow that illuminates the slats and creates a bright path leading towards the light. The overall atmosphere is dark and moody, with the light source being the primary focus.

# INSOMNIA

WHAT KEEPS YOU UP AT NIGHT

Welcome to the *Insomnia Life Group* guide. This study was developed to assist you as we explore together the topic of fear. In 2 Timothy 1:7 Paul reminds us "For God has not given us a spirit of fear but of power, love and self-control" and it is our hope that this material will help you dive deeper into the things of God; honoring God but in the process freeing you from the bondage of fear. This short-term Life group study will help you Discover God and Develop relationships leading you to be Deployed into our community as an ambassador of Christ.

*"Fear may fill our world, but it doesn't have to fill our hearts"*

*by Max Lucado*

*Here are some things to remember as you participate in or lead a F.C.C. Life Group.*

**Meet Often** - We grow in the faith best in community with other believers, as we learn, explore, love, encourage, correct and challenge one another. We were never meant to be alone but to walk the streets of life with those around us.

**Pray** - Prayer is the lifeline of any Life Group that is striving to grow in their faith. Pray regularly as you prepare but most importantly pray for and with your group.

**Prepare** - If you are leading a Life Group and have gone

through the orientation process you know how important it is that you are well aware of all that this material provides. Make sure you have taken 15 minutes to go over each lesson and questions for the week by reading the Bible verses and the discussion questions.

If you are just part of a Life Group it is commendable that you also spend some time reading and meditating over the material prior the Life Group meeting. It will help the facilitator as he/she hosts the Life Group meeting.

Leaders, or participants, we encourage you to work through the chapter and devotionals in preparation for each group session. Take notes during sermons and record your own questions concerning the sermon material and bring them up at your Life Group meeting for a deeper experience with your group.

**Resource** - This material contains a brief devotion, Bible verses, icebreaker questions, discussion questions and applications all designed to enhance your faith. Use every aspect of this resource to build your faith.

**Group Time** - Gather together as a group and discuss the content of each chapter. Work through questions, your own personal notes and questions and the implications of the material for the life of the believer and the mission to which we have been called.

# Table of Content

## **INSOMNIA**

### **WHAT KEEPS YOU UP AT NIGHT**

1. *FEAR - What are you afraid?*
2. *DANGER - The Fear of Not Protecting my Kids.*
3. *GAZE - The Fear of Overwhelming Challenges.*
4. *UNKNOWN - The Fear of What is Next.*

5. *DEATH - The Fear of Death, Life's Final Moments.*

6. *DOUBT - The Fear That God Isn't Real.*

7. *DISAPPOINTMENT - The Fear of Disappointing God*

8. *INSECURITY - One Healthy Terror - The Fear of God Getting Out of My Box*

# WEEK 1

## FEAR

### What are you afraid of?

Matthew 8:23-27 (ESV)

*And when he got into the boat, his disciples followed him. And behold, there arose a great storm on the sea, so that the boat was being swamped by the waves; but he was asleep. And they went and woke him, saying, "Save us, Lord; we are perishing." And he said to them, "Why are you afraid, O you of little faith?" Then he rose and rebuked the winds and the sea, and there was a great calm. And the men marveled, saying, "What sort of man is this, that even winds and sea obey him?"*

### Icebreakers:

1. If you had a time machine that would work only once, what point in the future or in history would you visit?
2. If you could go anywhere in the world, where would you go?

3. *If your house was burning down, what three objects would you try and save?*

## **DISCUSSION QUESTIONS**

*As followers of Christ we often believe that while with Jesus we won't face the storms of life. We don't realize that getting on the boat with Christ means getting soaked with Christ. We ought to expect stout winds and strong storms. Remember what Jesus says in John 16:33, "In the world you will have tribulation." If Jesus has warned us that in our lives we will face difficulties, suffering, and pain, then why are we afraid?*

*Can you imagine a life without fear? What does that look like to you?*

*How has courage and faith in your personal life helped you overcome your fears?*

*In the context of the passage we see the disciples question Jesus' character. "Do you not care..." Fear has the power to eliminate our confidence and trust in the goodness of our Lord.*

*Have you ever in your fears questioned the character of Jesus?*

*Share with the group a time in your life where fear unleashed doubt and chaos.*

*In his book Fearless, Max Lucado says, "Christ followers contract Malaria, bury children and battle addictions and as a result face fears. It is not the absence of storms that sets us apart it is whom we discover in the storm: unstirred Christ."*

*In the life experience you just shared with the group have you found Christ to be someone you can count on when facing the storms of life?*

*Fear has the power to erase how good God is and what God has done in your life prior to the storm.*

*Why is it so hard to remember the accomplishments of Christ in our lives while facing the storms of life?*

*Jesus takes our fear serious. The one statement he made more than any other was this, "Don't be afraid."*

*Explore some of these passages.*



*Matthew 10:28 - 31, Luke 8:50, John 14: 1-3, Luke 24:38, Matthew 14:27*

*How do these verses help you in battling your fears?*

*How can the presence of Christ in your life and his word help us to fear tomorrow less than we do today?*

*In the command of Jesus, "Do not be afraid" we are reminded of Proverbs 4:23 , "Keep your heart with all vigilance, for from it flows the springs of life." We ought to guard our hearts from the power of fear. Fear may fill our world but does not have to fill our hearts. Do not be afraid.*

**Application:**

*Throughout the week think of one area in your life that brings you fear. Take a moment to meditate and pray over Matthew 10:31*

# WEEK 2

## DANGER

### The Fear of Not Protecting my Kids

Psalm 127:3 (ESV)

*“Behold, children are a heritage from the Lord, the fruit of the womb a reward”.*

#### Icebreakers:

1. Which would be worse? Having no sense of humor or no common sense?
2. If you HAD to give up one of your senses (hearing, seeing, feeling, smelling, tasting) which would it be and why?
3. If you were an animal, what would you be and why?

#### DISCUSSION QUESTIONS

*One of the biggest mistakes we as parents make is that we think we have total control over our children’s health and welfare. In fact, we tend to forget that*

*our kids were God's kids first. Before they were ours, they were his.*

*Why is it so hard to trust your children to God?*

*When was the first time you realized you didn't have control over your kids' lives?*

*What specifically makes you lose the most sleep about your kids?*

*"Don't be afraid. Just have faith she will be healed."  
(Luke 8:49-50) In Luke 8 we find the story of Jairus, a Dad who feared for his Daughter's life. We often find ourselves in the middle of tragedy and trust. We hear two voices, the voice of despair and the voice of belief.*

*During times of trials with your children do you listen to the voice of doubt and despair or the voice of faith and hope?*

*"We need to know what Jesus will do when we entrust our kids to him." Do you agree or disagree with this statement?*

*God is a father that has experienced all of the emotional rollercoasters of parenting. His son was mistreated, mocked and bullied. He was taken advantage of, betrayed, suffered and died.*

*Try to put yourself in God's place.  
How would you react to some of these actions against your own child?*

*How did God react?  
God has a heart for the hurting parents and is eager to help.*

*Have you ever relied on God for help with your children?*


*What was your experience like?*

*What are your personal prayer habits for your children?*

*As parents we ought to realize that we can't protect our children from every trap in life but we can take them to the source of life.*

*God never dismissed a parent's prayer. Keep giving your child to God.*

**Application:**



*Every day make sure you are giving your children (grown or still at home) to God in prayer.*

# WEEK 3

## GAZE

### The Fear of Overwhelming Challenges

*Joshua 1:9 (ESV)*

*“Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the LORD your God is with you wherever you go.”*

#### **Icebreakers:**

- 1. What is your favorite hour of the day? Why is it your favorite?*
- 2. Name a gift you received or gave that you will never forget.*
- 3. Name one thing you really like about yourself.*

#### **DISCUSSION QUESTIONS**

*Facing new challenges can be overwhelming especially when it seems like totally uncharted territory. We often doubt ourselves overlooking our past experiences and transferable skills. We allow the situation or condition to build up fear in our hearts, which leads us to a dip in self-confidence. But God*

*through His Word reminds us that in the midst of overwhelming challenges we ought to gaze upon Jesus who strengthens us and encourages us with his presence.*

*Take time as a group and read Matthew 14:22-33*

*When was the last time you faced unexpected challenges? Who was there to help you through that difficult time?*

*The disciples were obedient to Jesus in getting on the boat and moving through the lake. Have you faced overwhelming challenges while doing what was right or commendable?*

*What were the emotions that you felt while facing resistance or challenges in the midst of obedience?*

*Why is it so hard to face challenges while doing what is praiseworthy?*

*While in difficult places it is very important to be surrounded by family, friends and the body of Christ. The disciples found help but it was in a very*

*unexpected way. Jesus came walking on the water and they cried out "It's a Ghost"!*

*Do you remember a time when you were facing an overwhelming challenge and someone helped you unexpectedly? What was your reaction?*

*Do you find it easy or difficult to ask people for help during a difficult time?*

*Jesus spoke "Don't be afraid... take courage... I am here" How do these words of Jesus help you in the midst of the challenges you are facing right now?*

*Why is it so hard to focus on Jesus while going through challenging times?*

*While facing the overwhelming storms of life Jesus tells us "Don't be afraid... take courage... I am here". We have a choice like Peter to either keep our gaze upon Jesus and believe His words or to allow the challenges of life to overwhelm us and control our outcome.*

**Application:**



*Make post cards this week with the words of Jesus  
“Don’t be afraid... take courage... I am here” and place  
them in different places throughout your house, your  
office, etc... and remember, storms are not an option,  
we will have them, but you can make the choice to  
fear them or not.*

# WEEK 4

## UNKNOWN

### The Fear of What is Next

*John 14:26-27 (ESV)*

*“But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you. Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid”.*

#### **Icebreakers:**

- 1. Share a funny incident in your life.*
- 2. What is your favorite outdoor activity?*
- 3. If you could go anywhere in the world where would you go and why?*

#### **Discussion Questions:**

*The disciples were soon to have a major change in their lives. The leader to whom they have submitted for the past three years was soon to leave them. Jesus warned*

them "I am going away. You are entering a new season, a different chapter will be much different..." Jesus was ready to fulfill the plan of salvation the Father purposed before the beginning of time. Changes are difficult but necessary at different stages of life but the way we panic at the sight of change determines how much we trust God with our future. Changes stretch our lives, and when they do, God sends someone special to stabilize us "I will ask the Father, and he will give you another Helper, to be with you forever" (John 14:16).

Do you find yourself in the present moment dealing with some changes? Can you share with the group one of the changes you are facing or are about to face?

Changes can be filled with emotions and feel like a rollercoaster. How do you personally deal with change?

Which statement do you identify with the most, and why?

- Change is an opportunity for something new and refreshing.
- Change is chaos and full of transitions I'm uncomfortable with it.

*Life is full of surprises! We need to acknowledge that adjustments, shifts, corrections... are part of living life on earth but we cannot allow the fear of "what is next" to be the permanent trend in our life. We just don't know what is next and that can be empowering or debilitating.*

*Do you remember a time where you were told what was next and you wish you wouldn't have known that information? Does knowing what comes ahead empower or debilitate you; comfort you or does it bring fear to your heart?*

*Can one be prepared for what is next in life?*

*Do you agree or disagree with the statement below, why or why not?*

*"Challenges and changes serve to prepare you and equip you for what is to come next"*

*Take time as a group and read Ecclesiastes 3:1-8*

*In Ecclesiastes 3 Solomon warns us to make friends with whatever is next. Life is made of many changes*

*and they are a necessary part of God's plan for us His creation.*

*Why is it so hard to embrace and accept change?*

*How does knowing that you have the Holy Spirit with you help you embrace and accept what is next in life?*

*Jesus has equipped us with the Holy Spirit who will teach and guide us through all things, that's a promise of God for our lives. When facing challenges or the fear of what is next remember God, through the Holy Spirit, is more than faithful to guide and direct your path. He is with you. He will never send you alone!*

**Application:** *Through the week take the time to memorize John 14:16.*

# WEEK 5

## Death

### The Fear of Death, Life's Final Moments

1 Corinthians 15:21-23 (NLT)

*“So you see, just as death came into the world through a man, now the resurrection from the dead has begun through another man. Just as everyone dies because we all belong to Adam, everyone who belongs to Christ will be given new life. But there is an order to this resurrection: Christ was raised as the first of the harvest; then all who belong to Christ will be raised when he comes back”.*

#### Icebreakers:

1. *When I dance, I look like...?*
2. *What is one thing on your bucket list?*
3. *Describe yourself in 3 words.*

#### Discussion Questions:

*Death: one of the most terrifying facts of life. The secular world says there is only this world. The here-*

and-now material universe is the only reality. The natural is real. There is no supernatural. The immanent is real, there is no transcendent - no angels and demons, no spirits and souls, no God or devil. This is it! This worldview makes death scary filling us with fear and doubt leaving us without the strength to face it.

If this life is all that we have does it matter how one lives his life? If so how do you want to be remembered for after your death?

With one word describe what the word death means to you?

Which do you think people fear more, death or suffering and humiliation?

Are you afraid of dying? What part of death are you afraid of?

Have you ever being in situation where you feared for your life? Share with the group your experience.

The Biblical narrative assures us that unlike the worldview of the secular world there is much more to life than just the material, physical world. In 1

*Corinthians 1:15:21-23 Paul assures us that there is more to life than the here-and-now, there is eternal life.*

*Take time as a group and read Luke 24:36-49*

*Does reading 1 Corinthians 15:21-23 and Luke 24:36-49 help you in dealing, facing thinking about death?*

*Is it possible to face death with courage and confidence? How do the passages above aid us into dying with confidence and courage?*

*Do you believe in the resurrection? Why?*

*Does the hope of the resurrection help you in thinking about death?*

*Jesus overcame death by resurrection and we are promised that like Jesus we will raise again! Jesus promised us in John 14:1-4 that He would come again and take us to be with him where He will be. The words of Jesus in The Gospel of John make death only a temporary thing a passageway from a sphere to another more like a bridge then a permanent state. We ought to allow the truth of the resurrection to mold*



*how we look at the grave so that we can die with faith.*

**Application:** *Death brings the question: Do I need to make peace, amends to any person? Through the week take time to think over your many years of relationships and pray over you relationships and possible amends or “peace” you ought to make.*

# WEEK 6

## Doubt

### The Fear That God Isn't Real

John 20:24-29 (NLT)

*One of the twelve disciples, Thomas (nicknamed the Twin), was not with the others when Jesus came. They told him, "We have seen the Lord!" But he replied, "I won't believe it unless I see the nail wounds in his hands, put my fingers into them, and place my hand into the wound in his side... My Lord and My God".*

#### Icebreakers:

1. What is the most interesting thing you have in your purse/wallet?
2. The thing I remember most about my first job is.
3. The thing I miss most about my childhood is.

## **Discussion Questions:**

*Believing what we cannot see is hard. All of us are skeptical to some degree, some more than others but there is always a percentage of skepticism within us. But there is often much more going on inside a skeptical person than meets the eye. And as we see in Thomas' experience skepticism is not a problem for Jesus.*

*Are you usually a skeptical person or a believing individual?*

*Why is it so hard to believe in things that are unseen? Does seeing work as pre-requisite for believing? Explain your thoughts.*

*If you were Thomas would you have believed the disciples when they told him Jesus was alive?*

*There must be someone in the world today that has never questioned the existence of God but I know I (Sam Rosa) am not he.*

*Have you ever questioned the existence of God or the life, death and resurrection of Jesus?*

*Why is it so hard to admit at times that we have some doubts?*

*Usually pain, suffering and loss results in a person's denial of the existence of God. Have you ever met someone who completely denies the existence of God? How was your interaction with that person? Were you able to change their heart and mind?*

*Thomas wasn't alone in doubting the resurrection of Jesus. In Luke 24:38 we read that the disciples doubted that Jesus was among the living but Jesus didn't rebuke them for doubting but encouraged them by saying "Peace be with you". Jesus is so good to us that he went on not only to prove his resurrection but also to explain to them how he fulfilled the Scripture - The Law of Moses, the Prophets and the Psalms.*

*How does knowing that even the disciples had doubt help you in your walk of faith?*

*Have you ever searched the Bible for answers in times of doubt? How has the Bible helped you in these times?*

*Jesus was willing to explain to the disciples the Truth of the Scripture. Have you helped someone or ever been helped by someone while in doubt? How important is it to have fellowship with other believers in the midst of doubt?*

*How does knowing that Jesus didn't rebuke the disciples for doubting but explained to them the Scripture assure you in your doubts?*

**Application:** *We all have times where we doubt but in those times we ought to search the Scriptures and find ourselves in fellowship with other believers. This week examine your heart and mind for some doubts about Jesus and His work. Find someone who can help you understand the Scriptures and dig deeper into God's Word. Explore Psalm 139 together.*

# WEEK 7

## Disappointment The Fear of Disappointing God

1 John 3:1 (ESV)

*“See what kind of love the Father has given to us, that we should be called children of God; and so we are...”*

### Icebreakers:

1. *What do you consider your greatest achievement?*
2. *What would you do with your “15 minutes” of fame?*
3. *What do you want to do when you retire?*

### Discussion Questions:

*We are all afraid of disappointing people in our lives. Disappointment hurts people and damages relationships but most importantly there are real consequences for certain disappointments and that’s what we are most*

*afraid of. Consequences are never fun. When it comes to our relationship with God we are afraid to disappoint Him not only because we love God but also because we are afraid of the consequences of doing such a thing.*

*Have you ever felt like you have disappointed God?*

*Are you afraid of God because you have disappointed Him?*

*Do you believe that God holds out on you or that He keeps blessings from you because you have disappointed Him?*

*Have you ever wondered if God could ever forgive you for disappointing Him?*

*In Romans 3:23 Paul tells us “for all have sinned and fall short of the glory of God”. We are convinced that God must hate our evil tendencies and He does. We don’t like the sinful things we do, neither does He. Do you avoid God because of the sins in your life or do you find rest in his arms?*

*Yes you have disappointed God but no, God has not abandoned you.*

*Take time as a group and read the verses below:*

*He has delivered us from the domain of darkness and transferred us to the kingdom of his beloved Son, in whom we have redemption, the forgiveness of sins*

*Colossians 1:13-14*

*Whoever believes in him is not condemned... John 3:18*

*For this is the will of my Father, that everyone who looks on the Son and believes in him should have eternal life, and I will raise him up on the last day."*

*John 6:40*

*If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.*

*1 John 1:9*

*Have you ever accepted the forgiveness of Christ in your life?*

*How do the verses above assure you that God has forgiven you for disappointing Him?*



*In your own words what does God's grace mean to you? Ignoring God's free gift of grace can lead you to a life of fear (consequences, judgment, punishment, etc.). Nothing can deliver you from the worrying realization that you have disappointed your Creator except for the acceptance of His grace, which includes the forgiveness of your sins.*

**Application:** *God's Word ought to be the final word for our self-criticism and self-doubt and His Word says "you are forgiven".*

*Take time this week and pray:*

*Jesus take me as I am  
I can come no other way.  
Make my sin melt away.  
Make me like a precious stone,  
Crystal clear and finely honed.  
Let your life, Jesus, shine through me,  
Giving glory back to you.  
In Jesus name, I pray, Amen.*

# WEEK 8

## Insecurity

### The Fear of Letting God Out of My Box

*Psalm 27:1 (ESV)*

*“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?”*

#### **Icebreakers:**

- 1. What was the best thing that happened to you this weekend? This month? This year?*
- 2. If someone gave you money to open a store, what kind would you open?*
- 3. What compliment do people give you the most?*

#### **Discussion Questions:**

*We usually place people in some category, in a box if you will. We define them by the characteristics given. They are either popular or not, beautiful or not, spiritual or not, good or not, courageous or not, Christian or not... However, when it comes to defining*

*Christ, no box works. He works in mighty ways. Ways that are beyond our limited minds.*

*Do you have a self-made box for Christ? How does the biblical revelation of who Christ is abolish your own self-made box for Christ?*

*Psalm 27 describes God as light, salvation and the stronghold of life. What do you think the Psalmist is trying to convey to us through these metaphors?*

*The Psalm informs us that God is greater than anything that we could fear. Why is so hard to embrace the fact that God is greater than our fears?*

*Do we fear things of life more than we fear the One who created life?*

*Psalm 111:10 tells us "Fear of the LORD is the foundation of true wisdom. All who obey his commandments will grow in wisdom. Praise him forever!"*

*What is The Fear of the Lord?*

*Is there anything healthy about fear? In what ways is fear commendable?*

*How does the Fear of the Lord help us in the midst of unhealthy fear?*

*Take time as a group and read Matthew 17:1-13  
In Matthew 17:6-7 we read, "They fell on their face and were greatly afraid. But Jesus came and touched them and said, arise and do not be afraid"*

*What kind of fear can fortify you in your faith? How can a true admiration and respect for God give you stability in times of uncertainty?*

*How did the transfiguration experience affect the disciple's view of who Jesus was? How does the transfiguration affect your personal view of Christ?*

*The biblical narrative shows us that when Christ is greater in us our fears are diminished. The problem we usually face is that Christ is in our own self-made-box that lessens who He really is. When faced with the reality of who He is, like the disciples at the transfiguration story, Jesus becomes greater destroying all of our fears.*

*May Christ increase in us so that our fears might decrease in us.*

**Application:** *This week find time in your individual life and explore the following passages that teach us how Great God is by highlighting His attributes and embrace them as you face the fears of life.*

*Psalm 143:6, Jeremiah 32:17, Col. 1:17, Daniel 2:21, Daniel 4:35, Eph. 1:5, 11, 1 Tim. 1:17; 6:15, 1 Peter 1:14-16, John 8:31,32, Rev. 21:5; 22:6, Ephesians 4:22-24, 2 Corinthians 5:10, Romans 8:35, 37-39, 1 John 1:9, 1 Corinthians 10:13, Isaiah 41:4*



**Sermon Notes**  
**Week 1**



**Sermon Notes**  
**Week 2**



**Sermon Notes**  
**Week 3**





**Sermon Notes**  
**Week 4**



**Sermon Notes**  
**Week 5**



**Sermon Notes**  
**Week 6**



**Sermon Notes**  
**Week 7**



**Sermon Notes  
Week 8**

## **Resources:**

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Practical  
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of Walking by Faith. Wheaton, IL: Crossway, 2013. Print*

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*Prepared by Sam Rosa*

*Look at the bibliography for the resources used for the completion of this booklet.  
This is not a completely original work and many resources were used by me in order  
to assemble this booklet and bring it to you.*

