

# REAL & RAW

## FEAR AND ANXIETY

SUNDAY 25 SEPTEMBER 2021 | MARK LO

### Bible Passages

#### Judges 6:1-11

**6** The Israelites did evil in the eyes of the Lord, and for seven years he gave them into the hands of the Midianites. **2** Because the power of Midian was so oppressive, the Israelites prepared shelters for themselves in mountain clefts, caves and strongholds. **3** Whenever the Israelites planted their crops, the Midianites, Amalekites and other eastern peoples invaded the country. **4** They camped on the land and ruined the crops all the way to Gaza and did not spare a living thing for Israel, neither sheep nor cattle nor donkeys. **5** They came up with their livestock and their tents like swarms of locusts. It was impossible to count them or their camels; they invaded the land to ravage it. **6** Midian so impoverished the Israelites that they cried out to the Lord for help.

**7** When the Israelites cried out to the Lord because of Midian, **8** he sent them a prophet, who said, "This is what the Lord, the God of Israel, says: I brought you up out of Egypt, out of the land of slavery. **9** I rescued you from the hand of the Egyptians. And I delivered you from the hand of all your oppressors; I drove them out before you and gave you their land. **10** I said to you, 'I am the Lord your God; do not worship the gods of the Amorites, in whose land you live.' But you have not listened to me."

**11** The angel of the Lord came and sat down under the oak in Ophrah that belonged to Joash the Abiezrite, where his son Gideon was threshing wheat in a winepress to keep it from the Midianites.

#### Isaiah 41:10

**10** So do not fear, for I am with you;  
do not be dismayed, for I am your God.  
I will strengthen you and help you;  
I will uphold you with my righteous right hand.

#### Philippians 4:6-7

**6** Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. **7** And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

# REAL & RAW

## FEAR AND ANXIETY

SUNDAY 25 SEPTEMBER 2021 | MARK LO

### Sermon Notes

#### **1. Fear and Anxiety – a “Kairos moment” a Stepping stone in our spiritual growth**

a. A God chosen moment designed to propel us in our spiritual growth

b. God always responds corporately and individually

#### **2. Every “Gideon’s” response to Fear and anxiety**

God’s approach to Gideon and his responses

Our usual questions:

i. We always ask: Why me?

ii. How do we know this is of God?

#### **3. Victory Over Fear and Anxiety – the Gideon way?**

a. Gideon’s faith increases with his faith and obedience

b. God’s refining steps in preparation for final victory (our battle over Fear and Anxiety)



# REAL & RAW

## FEAR AND ANXIETY

SUNDAY 25 SEPTEMBER 2021 | MARK LO

### Discussion Questions:

1. With your group, share and discuss one of the Kairos moments in your journey with God? How has it helped you in your spiritual growth?
2. Are you a “regular Gideon”? Can you identify with him and his journey with God? Discuss your thoughts about his two fleece tests with God?
3. Share with the group your current Fears and Anxiety and bless each other by praying over such Fears and Anxiety

# REAL & RAW DEPRESSION

SUNDAY 3 OCTOBER 2021 | DANIEL WONG

## **Bible Passages**

### **Psalms 13**

**1** How long, Lord? Will you forget me forever? How long will you hide your face from me?

**2** How long must I wrestle with my thoughts and day after day have sorrow in my heart? How long will my enemy triumph over me?

**3** Look on me and answer, Lord my God. Give light to my eyes, or I will sleep in death,

**4** and my enemy will say, "I have overcome him," and my foes will rejoice when I fall.

**5** But I trust in your unfailing love; my heart rejoices in your salvation.

**6** I will sing the Lord's praise, for he has been good to me.



# REAL & RAW DEPRESSION

SUNDAY 3 OCTOBER 2021 | DANIEL WONG

## Sermon Notes

**1. Lament, Pray and Praise!**

**2. Help, I am in Despair (vv1-2)**

**3. Hear My Prayer (vv 3-4)**

**4. Hear My Joyful Praise (vv 5-6)**

## Discussion Questions:

1. How has Psalm 13 (or any other Psalm), that reflects the despair of the psalmist and their dependence on God, helped you?

2. Being aware that biblical characters and Christians go through deep despair, mental, emotional and spiritual agony, how has that helped, or how will it help with your struggle(s)?

3. At times of your own struggles, how has your faith and the knowledge of salvation in Jesus Christ helped you in these times? How will you share with someone who is struggling with depression? What will you do practically and what will you say?



# REAL & RAW

## ADDICTION

SUNDAY 10 OCTOBER 2021 | PASTOR RJ

### **Bible Passages**

#### **2 Kings 17:16-17**

**16** They forsook all the commands of the Lord their God and made for themselves two idols cast in the shape of calves, and an Asherahpole. They bowed down to all the starry hosts, and they worshiped Baal.

**17** They sacrificed their sons and daughters in the fire. They practiced divination and sought omens and sold themselves to do evil in the eyes of the Lord, arousing his anger.

#### **Romans 7:16-25**

**16** And if I do what I do not want to do, I agree that the law is good.

**17** As it is, it is no longer I myself who do it, but it is sin living in me.

**18** For I know that good itself does not dwell in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out.

**19** For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing.

**20** Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it.

**21** So I find this law at work: Although I want to do good, evil is right there with me.

**22** For in my inner being I delight in God's law;

**23** but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me.

**24** What a wretched man I am! Who will rescue me from this body that is subject to death?

**25** Thanks be to God, who delivers me through Jesus Christ our Lord!



# REAL & RAW

## ADDICTION

SUNDAY 10 OCTOBER 2021 | PASTOR RJ

### Sermon Notes

Intro: Mental Illness or Sin?

1. Our hearts are created for peace and pleasure
2. Sin is good things turned into ultimate things
3. We can find ultimate fulfilment in Christ alone

Conclusion: 12 Steps of AA

### Discussion Questions:

1. When or what would you consider something like an addiction? Consider things like phone use, video games, shopping or even work.
2. Should addiction be considered a sin if someone has no control of their will? What are some ways do you think someone can break free from addiction?
3. Most people with an addiction hide their struggles well. How do you think we can help people struggling in the church with some form of addiction when we are not even aware of it?