



WALLS - Breaking Through the Wall of Fear

Dr. Derwin L. Gray - 03/22/20

Conversation Guide:

Create a meaningful conversation. Feel free to adjust the questions as needed.

- ◆ What are some fears you had as a child, i.e., afraid of the dark or scared of spiders? As you've gotten older, what are some of your current fears? (*Fear of rejection, fear of failure, health fears, financial fears, etc.*)
- ◆ COVID-19 has had a significant impact on our everyday life. With many practicing social distancing, it is easy to feel isolated, but we are still a family. We need each other to break through the Wall of Fear that we may be facing, whether it is a new wall erected after hearing about this global pandemic, or a wall of fear you've had in your heart for years.
- ◆ Read **Esther 2:5-7, Esther 2:10, Esther 2:17**. Why are the Jewish people living in fear? How did Mordecai play a pivotal role in this story? How is God's favor evident in Esther's life? In the Old Testament, favor has the same meaning as grace. How does this change your understanding of what favor actually means?
- ◆ We all face fears throughout our lifetime. When you are afraid, does it push you away from Jesus or closer to Jesus? Read **Esther 3:5-6**. Haman had fears of inadequacy, fear of the Jewish people, fear of losing power. What did these fears drive him to do?
- ◆ We break through the wall of fear by loving God and people more than fear, praying and fasting, and relying on God's power.
- ◆ Read **Esther 4:15-17**. Fasting doesn't get God to move faster; it moves us faster toward God. What is your experience with fasting? How do you think this practice can help you calm your fears?
- ◆ Read **Esther 7:3-4** and **2 Corinthians 12:9-10**. How are these verses tied together? How do you see the relationship between favor and grace?
- ◆ Jesus is the new and greater Esther. He is the mediator between God and people. Read **1 Timothy 2:5-6**. How does this verse help to ease your fears?

Soul-tattoo: Recite this affirmation daily.

Father,
 when I'm afraid, I run to You.
 Jesus,
 When I need courage, I run to You.
 Holy Spirit,
 When I can't be brave, I run to You.
 Jesus,
 When I need hope, I run to You.
 Holy Spirit
 When I need peace, I run to You.
 Father,
 When I need joy, I run to You
 God,
 I will not fear
 You are my courage
 You are my strength
 You are my joy
 You are my life

I sought the LORD, and He answered me and rescued me from all my fears. **Psalms 34:6 CSB**

Recommended Resources:

The Bible Project overview video of Esther <https://bibleproject.com/videos/esther/>

Chapter 5 of Pastor Derwin's new book, *The Good Life*, available for free download on thegoodlifebook.net