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# BACK *TO THE* FUTURE



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MESSAGE NOTES & SMALL GROUP  
DISCUSSION/PERSONAL GUIDES

WEEK OF  
JUNE 14, 2020



## **“The Bigger Pandemic” (Part 1)**

[Tom Lundeen, Senior Pastor]

### **MESSAGE NOTES**

God never \_\_\_\_\_ anything, and He has not intended for us to go on this difficult and challenging journey so that the end result will be that we just go back to what we were, or just develop a \_\_\_\_\_.

He wants to take us to an \_\_\_\_\_ life that we could only begin to experience by having walked through these painful circumstances and hard times.

The first bigger pandemic is \_\_\_\_\_/\_\_\_\_\_.

### **1. The Multiple and Far Reaching \_\_\_\_\_ of Fear/Worry**

Fear/worry are an \_\_\_\_\_ opportunity afflicter.

*Fear doesn't \_\_\_\_\_; it knows no boundaries of time or place.* (Hoselton)

In a world full of people with spiritually defective DNA living together in a broken world, fear/worry runs \_\_\_\_\_.

*Fear...hollows out (our) \_\_\_\_\_, until (our) resistance and strength are spent and (we) suddenly break down. Fear secretly gnaws and eats away at all the ties that bind a person to God and to others, and when in a time of need that person reaches for those ties and clings to them, they break, and the individual sinks back into himself or herself, helpless and \_\_\_\_\_.* (Bonhoeffer)

*Fear \_\_\_\_\_ our thinking, distorts our judgment, cripples our resistance to evil, dislodges our love, and casts a gloom over our hearts.* (Hoselton)

In the 4 Gospels, the statement Jesus makes more than any other (\_\_\_\_ times) is, “Don’t be afraid.”

### **2. What Might Be the Most \_\_\_\_\_ Command in the Bible?**

Note Philippians 4:6a

English root word for worry = to choke, strangle.

Greek word for worry = *divided mind*.

I've never met anyone who wishes they could be more \_\_\_\_\_ and \_\_\_\_\_ more!

### 3. What \_\_\_\_\_ Wants Us to Know About Fear/Worry

- A. Worry/Fear is not how God \_\_\_\_\_ us (note Genesis 3:10; Matthew 6:25, 26, 28-29) - Only people \_\_\_\_\_ to worry...we weren't built for fear/worry (i.e., worried \_\_\_\_\_; note Proverbs 12:25a; 14:30a).
- B. Worry/Fear don't \_\_\_\_\_ (note Matthew 6:27) - Worry is \_\_\_\_\_ *without doing*. Worry/fear cannot change the past or control the future; they can only \_\_\_\_\_ today and make us more miserable.
- C. Worry/Fear cause us to act like \_\_\_\_\_ (note Matthew 6:30-32).
- D. Recognize what fear/worry are telling you about your \_\_\_\_\_ (note Matthew 6:32-33) - they are a warning light of mixed-up \_\_\_\_\_ and confused priorities, because any area where God isn't first will become a source of worry.
- E. \_\_\_\_\_ on each day (note Matthew 6:34) - *Today is the \_\_\_\_\_ you worried about yesterday*. God's provision is \_\_\_\_\_ (note Matthew 6:11). God gives us His grace in \_\_\_\_\_ increments.
- F. \_\_\_\_\_ on God (note Philippians 4:6-7) - worry/fear and faith/trust cannot live in the same \_\_\_\_\_. \_\_\_\_\_ some of the enormous energy worry/fear demand into trusting God/prayer (note Philippians 4:7 = stand as a \_\_\_\_\_).

*God intends more for us than just a back to the future experience:*

- God isn't calling us to deal with fear and worry like we did a few months ago...
- ...or be overwhelmed by these emotions because of what's been happening the past few months.
- He is with us in all these thing to lead us into a new and greater level of \_\_\_\_\_ from fear/worry today and in the days ahead.
- \_\_\_\_\_ Him.

*Tell someone about the next step you took today in your spiritual journey!*

*Let us know, too, and fill out the digital connect card.*



# DISCUSSION GUIDE

**Icebreaker:** Salty or sweet, and what's your favorite form?

1. What are some of the new things, from the journey Pastor Tom refers to, that could take you to "extraordinary" if pursued or your "new normal" if ignored?
2. What are some ways that you have experienced fear and worry during our current COVID-19 pandemic?
3. When you [read Philippians 4:6a](#) ("Don't worry about anything..."), what are your first thoughts?
4. [Read Matthew 6:25-27](#). How does this passage reassure you that God didn't design you to worry, in fact, it's ineffective?
5. Pastor Tom referenced [Matthew 6:32-34](#) in regard to fear causing us to act like atheists as well as revealing our priorities. After reading this passage, what practical steps should you be taking to get back in step with God?
6. What's the first area God has brought to your mind in which you need to experience freedom from fear & worry?
7. [Read Philippians 4:6-7](#). How can you exchange worry & fear this week for trust & prayer?

## PERSONAL GUIDE

DAY 1: [Hebrews 4](#)

DAY 2: [Hebrews 5](#)

DAY 3: [Hebrews 6](#)

DAY 4: [Hebrews 7](#)

DAY 5: [Hebrews 8](#)





## **“The Bigger Pandemic” (Part 1)**

[Tom Lundeen, Senior Pastor]

### **MESSAGE NOTES**

God never wastes anything, and He has not intended for us to go on this difficult and challenging journey so that the end result will be that we just go back to what we were, or just develop a new normal.

He wants to take us to an extraordinary life that we could only begin to experience by having walked through these painful circumstances and hard times.

The first bigger pandemic is fear/worry.

### **1. The Multiple and Far Reaching Tentacles of Fear/Worry**

Fear/worry are an equal opportunity afflicter.

*Fear doesn't discriminate; it knows no boundaries of time or place.* (Hoselton)

In a world full of people with spiritually defective DNA living together in a broken world, fear/worry runs wild.

*Fear...hollows out (our) insides, until (our) resistance and strength are spent and (we) suddenly break down. Fear secretly gnaws and eats away at all the ties that bind a person to God and to others, and when in a time of need that person reaches for those ties and clings to them, they break, and the individual sinks back into himself or herself, helpless and despairing.* (Bonhoeffer)

*Fear pollutes our thinking, distorts our judgment, cripples our resistance to evil, dislodges our love, and casts a gloom over our hearts.* (Hoselton)

In the 4 Gospels, the statement Jesus makes more than any other (21 times) is, “Don’t be afraid.”

### **2. What Might Be the Most Challenging Command in the Bible?**

Note Philippians 4:6a

English root word for worry = to choke, strangle.

Greek word for worry = *divided mind*.

I've never met anyone who wishes they could be more afraid and worry more!

### 3. What Jesus Wants Us to Know About Fear/Worry

- A. Worry/Fear is not how God designed us (note Genesis 3:10; Matthew 6:25, 26, 28-29) - Only people learn to worry...we weren't built for fear/worry (i.e., worried sick; note Proverbs 12:25a; 14:30a).
- B. Worry/Fear don't work (note Matthew 6:27) - Worry is stewing without doing. Worry/fear cannot change the past or control the future; they can only complicate today and make us more miserable.
- C. Worry/Fear cause us to act like atheists (note Matthew 6:30-32).
- D. Recognize what fear/worry are telling you about your priorities (note Matthew 6:32-33) - they are a warning light of mixed-up values and confused priorities, because any area where God isn't first will become a source of worry.
- E. Focus on each day (note Matthew 6:34) - Today is the tomorrow you worried about yesterday. God's provision is daily (note Matthew 6:11). God gives us His grace in 24 hour increments.
- F. Rely on God (note Philippians 4:6-7) - worry/fear and faith/trust cannot live in the same heart. Redirect some of the enormous energy worry/fear demand into trusting God/prayer (note Philippians 4:7 = stand as a sentry).

*God intends more for us than just a back to the future experience.:*

- God isn't calling us to deal with fear and worry like we did a few months ago...
- ...or be overwhelmed by these emotions because of what's been happening the past few months.
- He is with us in all these things to lead us into a new and greater level of freedom from fear/worry today and in the days ahead.
- Trust Him.

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