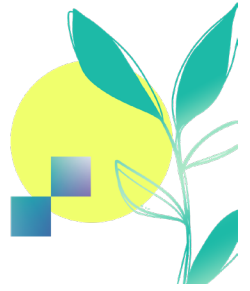




DAILY DISCIPLESHIP GUIDE

“THE GRASS WITHERS, THE FLOWER FADES,
BUT THE WORD OF OUR GOD WILL STAND FOREVER.”

ISAIAH 40:8



THIS READING PLAN IS FOR YOU!

Hey Gospel City, this week we are going to focus on fighting our fear and anxiety with the truth of God’s Word. Our world is full of things that appear to be worthy of our fear, and the news is really good at making us hyper aware of them. Therefore, if you are struggling with anxiety right now, please know that you are loved and you are not alone. However, the purpose of this study is not to affirm each other in our fears; the purpose is to glorify God by taking steps towards freedom from our fears through the power of the gospel. The most frequent command in the Bible is, “Do not be afraid” (of anything other than God). The reality that this is a command means that we are expected to obey it, and the fact that the Bible repeats it over 200 times implies that it is a command that we need to be reminded of a lot! Therefore Gospel City, do not be afraid! If God is for us, what does it matter if man, politicians, or viruses are against us? If He did not spare His own Son for us, how will He not also graciously give us freedom from all our fears? If the Spirit who raised Jesus from the dead dwells in us, then how would He not have the power to help us not be anxious anymore? If you are in Christ then there is nothing in all creation that can separate you from God’s love. If you are in Christ then God is your Father, Christ is your intercessor, the Spirit is your Helper, and you are no longer enslaved to your fears. These truths are not spiritual hyperbole or Christian flavored coping skills; they are the power of God unto salvation. So meditate on these truths. Cling to these truths. Do not let your feelings be slave to circumstance. Call these things to mind and the power of God’s Word will change what you feel. We pray that this study will help you grow in your ability to preach the gospel to yourself and we pray that it will unite your heart to fear His name.

THE FORMAT IS SIMPLE:

We are still going to provide a passage to read and a verse to meditate on for each day. But instead of providing a discussion question and a prayer that is specific to each reading, we will provide a general question and structure for prayer that will apply to each passage throughout the week. We hope that the questions we have provided in the past have helped you and your families grow in your ability to read your Bible. And we hope that the prayers have served as a good model for you regarding how to pray through your Bible. But now it is time for you to take the reigns! Think of your own discussion questions and then pray through what you have meditated on. And we are excited to continue to read and meditate and discuss and pray alongside you as we seek our Lord together.



DAILY DISCIPLESHIP GUIDE

GOSPEL CITY | FIGHTING FEAR AND ANXIETY



SUNDAY | JULY 26

READ: LUKE 12:22-34

MEDITATE ON:

“Fear not, little flock, for it is your Father’s good pleasure to give you the kingdom.”

V32

DISCUSS THIS:

What does this passage reveal about God? What truths does it contain that you can use as spiritual ammunition to combat your fears? Confess to the Lord what you are anxious about today, then use this passage to counsel yourself with the gospel.

PRAY THIS:

Dear Father, be gracious to us. We are poor and needy. We are quick to worry and slow to trust. Forgive us for our little faith. Unite our hearts to fear your name. Help us to cling to the truth of your Word. Help us to remember that nothing can separate us from your love. And help us to view everything that we are tempted to fear through the lens of the gospel. Amen.

MONDAY | JULY 27

READ: PSALM 56

MEDITATE ON:

In God, whose word I praise, in the Lord, whose word I praise, in God I trust;
I shall not be afraid. What can man do to me?

V10-11

DISCUSS THIS:

What does this passage reveal about God? What truths does it contain that you can use as spiritual ammunition to combat your fears? Confess to the Lord what you are anxious about today, then use this passage to counsel yourself with the gospel.

PRAY THIS:

Dear Father, be gracious to us. We are poor and needy. We are quick to worry and slow to trust. Forgive us for our little faith. Unite our hearts to fear your name. Help us to cling to the truth of your Word. Help us to remember that nothing can separate us from your love. And help us to view everything that we are tempted to fear through the lens of the gospel. Amen.



GOSPEL CITY | FIGHTING FEAR AND ANXIETY

TUESDAY | JULY 28

READ: ISAIAH 51:1-14

MEDITATE ON:

“I, I am he who comforts you; who are you that you are afraid of man who dies, of the son of man who is made like grass, and have forgotten the Lord, your Maker”

V12-13A

DISCUSS THIS:

What does this passage reveal about God? What truths does it contain that you can use as spiritual ammunition to combat your fears? Confess to the Lord what you are anxious about today, then use this passage to counsel yourself with the gospel.

PRAY THIS:

Dear Father, be gracious to us. We are poor and needy. We are quick to worry and slow to trust. Forgive us for our little faith. Unite our hearts to fear your name. Help us to cling to the truth of your Word. Help us to remember that nothing can separate us from your love. And help us to view everything that we are tempted to fear through the lens of the gospel. Amen.

WEDNESDAY | JULY 29

READ: ROMANS 8:12-39

MEDITATE ON:

“For you did not receive the spirit of slavery to fall back into fear, but you have received the Spirit of adoption as sons, by whom we cry, “Abba! Father!”

V15

DISCUSS THIS:

What does this passage reveal about God? What truths does it contain that you can use as spiritual ammunition to combat your fears? Confess to the Lord what you are anxious about today, then use this passage to counsel yourself with the gospel.

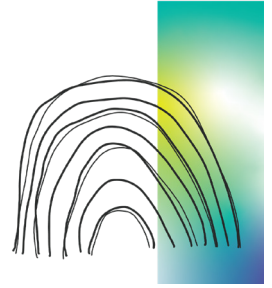
PRAY THIS:

Dear Father, be gracious to us. We are poor and needy. We are quick to worry and slow to trust. Forgive us for our little faith. Unite our hearts to fear your name. Help us to cling to the truth of your Word. Help us to remember that nothing can separate us from your love. And help us to view everything that we are tempted to fear through the lens of the gospel. Amen.





GOSPEL CITY | FIGHTING FEAR AND ANXIETY



THURSDAY | JULY 30

READ: PSALM 86

MEDITATE ON:

Teach me your way, O Lord, that I may walk in your truth; unite my heart to fear your name.

V11

DISCUSS THIS:

What does this passage reveal about God? What truths does it contain that you can use as spiritual ammunition to combat your fears? Confess to the Lord what you are anxious about today, then use this passage to counsel yourself with the gospel.

PRAY THIS:

Dear Father, be gracious to us. We are poor and needy. We are quick to worry and slow to trust. Forgive us for our little faith. Unite our hearts to fear your name. Help us to cling to the truth of your Word. Help us to remember that nothing can separate us from your love. And help us to view everything that we are tempted to fear through the lens of the gospel. Amen.

FRIDAY | JULY 31

READ: PSALM 139

MEDITATE ON:

Your eyes saw my unformed substance; in your book were written, every one of them, the days that were formed for me, when as yet there was none of them.

V16

DISCUSS THIS:

What does this passage reveal about God? What truths does it contain that you can use as spiritual ammunition to combat your fears? Confess to the Lord what you are anxious about today, then use this passage to counsel yourself with the gospel.

PRAY THIS:

Dear Father, be gracious to us. We are poor and needy. We are quick to worry and slow to trust. Forgive us for our little faith. Unite our hearts to fear your name. Help us to cling to the truth of your Word. Help us to remember that nothing can separate us from your love. And help us to view everything that we are tempted to fear through the lens of the gospel. Amen.



SATURDAY | AUGUST 1

READ: REVELATION 22:6-21

MEDITATE ON:

“And behold, I am coming soon. Blessed is the one who keeps the words of the prophecy of this book.”

v7

DISCUSS THIS:

What does this passage reveal about God? What truths does it contain that you can use as spiritual ammunition to combat your fears? Confess to the Lord what you are anxious about today, then use this passage to counsel yourself with the gospel.

PRAY THIS:

Dear Father, be gracious to us. We are poor and needy. We are quick to worry and slow to trust. Forgive us for our little faith. Unite our hearts to fear your name. Help us to cling to the truth of your Word. Help us to remember that nothing can separate us from your love. And help us to view everything that we are tempted to fear through the lens of the gospel. Amen.

