



The steadfast love of the Lord never ceases; his mercies never come to an end; ²³they are new every morning; great is your faithfulness.

LAMENTATIONS 3:22-23 (ESV)

SUNDAY SERVICE TIMES

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Chanhasseen
8:15, 9:30, 11:00am
& 5:00pm

.....

Minnetonka
9:30 & 11:00am

.....

Visit westwoodcc.org/wallpaper to download phone, tablet and desktop backgrounds and join the Westwood community in memorizing our 2017 theme verses.



westwoodcc.org

Chanhasseen • 952.224.7300
Minnetonka • 952.224.7400



APRIL 23, 2017

OVERWHELMED

04.23.2017 • I FEEL SO AFRAID! • JOEL K. JOHNSON

WELCOME TO WESTWOOD!

Is this your first time here? So glad you came!

Welcome to Westwood! If you are unfamiliar with the flow of our service, here's the scoop: We begin with a few worship songs. The lyrics are found on the big screens. The songs are followed by a couple announcements, a time of prayer and offering. The sermon message is given, and the service typically concludes with a song.



Stop by the Info Spot before or after the service. We'd love to meet you, answer any questions you have, and give you some handy information. For kids and students, we offer great programs specially tailored to their ages. Our Westwood Kids' desk would be glad to help you. Come, let's give our love to God, who first loved us.

I John 4:18 (NIV)

There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.

The word **overwhelmed** defined: "to overcome completely in mind or feeling"

The word **fear** defined: "a feeling of terror"

What do you fear?

How do we overcome being overwhelmed with fear?

- _____ your knee. Psalm 34:1-3
- _____ your fear. Psalm 34:4
- _____ God's love. Psalm 34:6
- _____ in confidence. Psalm 34:7
- _____ the Lord. Psalm 34:8-10

WHAT'S NEXT

Do you have questions about Westwood? Wondering how to get plugged in? We can help! Join us for a fun, casual gathering where you can meet other attendees and get to know some of Westwood's staff. We'll help you discover the "what's next" for you! Kids are welcome to be a part of Kids' programs (birth-grade 5).

Chanhassen campus:
Sunday, April 30, 9:30-10:45am

Minnetonka campus:
Sunday, April 30, 11:00am-12:00pm

EVIDENCE FOR FAITH

Join author and speaker, Dr. Don Bierle, as he offers an eye-opening, evidence-based case for the truths of Christianity. If you want to know more about why Christians believe, you'll find compelling reasons in this two-week seminar. Tuesdays, April 25 & May 2, 7:00-8:30pm, Chanhassen campus. Register for FaithSearch Discovery online.

For campus specific events, small groups and other ways to connect, visit westwoodcc.org



CAMPUS EVENTS

Overwhelmed #1 *“I Feel So Afraid”*

Discussion Starter: Do you sense more people are overwhelmed today more than yesterday? Share why or why not.

This new series will look at how we deal with the feelings of fear, unhappiness, inadequacy and anxiety. Today’s subject had to do with fear. What are the side effects of fear in both a positive and negative sense? What does fear do to us on the inside?

Pastor Joel talked about global fears and personal fears that we face today. Name some of them for kids, teens, your life and the culture of today.

The anointed King David felt real fear. It impacted his emotional well-being, his ability to function day to day, and it ultimately left him feeling alone. It seems God prompted David to write down how he navigated his fear and how he was delivered from fear. It was written so that we would learn and practice what he did. Read Psalm 34. In the first half of the Psalm we see five practices that led to freedom.

#1 Bend your knee. Read Ps. 34: 1-3.

- a. The word “extol” or “bless” means “to bend the knee.” The Starting Place for facing fear is to bend your knee before God. Why is the posture of bended knee so important?
- b. What are we doing when we bend our knee before God? What do these verses reveal about God’s presence in the face of our need?
- c. Do you ever literally bend your knee in prayer? How does such posture influence you?

#2 Expose your Fear Ps. 34:5

- a. Pastor Joel explained that this verse indicated David was saying, “The faces of my fears shall never be ashamed”, or literally, I will never put a veil over the face of my fears, meaning I will never try to hide them. Why do we hide our fear?
- b. Read 2 Corinthians 12:8-10. How is Paul doing what David did and why?
- c. With that said, could each of you in your group share one place of fear in your life today?

#3 Appropriate God’s love Ps. 34:6

- a. What does the word appropriate mean?
- b. What keeps us from appropriating God’s love power in the face of our fears?
- c. How do you specifically appropriate God’s power in your life, or how do you lay hold of the risen power of Christ in the face of fear?
- d. Read I John 4:16- 5:5. We learn here that perfect love drives out fear. What is perfect love? How is love being perfected in us in such a way that fear leaves?

#4 Live in confidence Ps. 34.7

- a. What does the metaphor here “The angel of the Lord encamps around those who fear him” mean?
- b. What does this image do for you when you think about your greatest fears?

#5 Fear the Lord Ps. 34:8-10

- a. What does it mean to fear the Lord? How is this ‘fear’ different than the ‘fear of terror’ David and we experience?
- b. David does not promise that the emotional symptoms of fear completely disappear right away. But what is the promise of this Psalm?

What one thing could you take away from this Psalm and David’s experience that might help you face your fears?