



DISCUSSION GUIDE
Plan B: Week Two

Opening Prayer: God, we open up our lives to the work of your Holy Spirit in us today. You know each of us individually, and love us limitlessly. Be with us as we discuss your plans for us, and the fears that can often hold us back on our journey with you.

Read: 1 Peter 1:18 (The Message)

Talk It Over: The story of Joshua crossing the Jordan River is a story full of faith and fear, opportunity and resistance, and ultimately a deep practice of surrender. We are all faced with our “Jordan”, otherwise known as a difficulty we have to overcome. These moments at the edge of the river can be incredibly challenging to our faith and bring in a rush of fear. Even in the midst of his fear, Joshua was aware of God’s presence during this time. Our journey, or life, is one that we must travel through with a deep consciousness of God. He will be with us to help guide us and help us overcome our fear.

- Can you think of a “Jordan” in your life that you are willing to share?
- In what ways are you aware of God’s presence in difficult times?
- Thinking back to a recent challenge, how did fear play a part in how you walked that challenge out?

Read: Proverbs 16:9 (New Living Translation)

When our plans are different than God’s we come to a stopping point where we are faced with a decision. Often that decision is clouded with fear, and that fear can lead us to worry about the future. Our lack of control causes our minds to focus on all the potential “what-ifs?” and we can get stuck there.

- When you feel like God has brought you to a plan that is different than yours, what stops you from taking a risk?
- How do you handle the temptation to not let the “what-if?” determine your response?

The three most common responses to fear are to fight, flee, or freeze. In our moments of fear we can quickly fail to remember that God is for us and he wants to bring healing to our lives often more than we do,

- When you find yourself in a stressful situation, which of these three responses do you respond with?
- How can you soften and see that God is with you in hard times?

Read: Ecclesiastes 4:12 (The Message)

While we often are called to work through issues of the heart in solitude, we generally heal in community. For this reason, try not to face your Jordan alone.

- Share a time when community or relationships with others helped you to be brave when faced with a difficult situation.

Contemplation: Take a few minutes to silence yourself before God. Imagine yourself standing at the edge of your river. See God inviting you into an adventure with him. Notice what areas scare you and notice which ones woo you with their possibilities. Most of all, feel God’s presence and remember he is with you and for you!

Closing Prayer: Father, help us to continue to see the places you want to heal in our hearts. Be with us as we face those areas even in the midst of fear. Bring us into safe community where we can be supported as we explore the plans you have for us.

Challenge: Read the story of Joshua (found in Joshua 1-4) this week on your own. Look for ways that Joshua pushed through the fear and found strength and faith in what God was asking him to do.