

# White Elephant

## Part 3: Trading Fear for Faith

**WEEK OF DECEMBER 19, 2021**

Trading your fear for faith isn't going to be an easy trade. We all experience fear, but how do we make sure it's just a visitor and not a resident?

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### MESSAGE NOTES AND HIGHLIGHTS

- Trading fear for faith is never going to be an easy trade.
  - “The presence of fear does not mean you have no faith. Fear visits everyone, but make your fear a visitor and not a resident.” | Max Lucado
  - Progress is rarely massive steps forward but rather a lot of small seemingly insignificant steps done consistently.
  - Faith is not the absence of fear; it's acting despite your fear.
  - What if faith wasn't possible without fear? If you weren't afraid of something, would it even take faith to do it?
  - Luke 1: 26 - 38, English Standard Version
  - Faith is powered by obedience to God.
  - To move toward a life of faith, be powered by obedience, not logic.
  - Luke 1:39 - 45, English Standard Version
  - Faith is powered by community.
  - Your “yes” often requires a change in environment and the people within it. Find people who will affirm and strengthen your faith.
  - Luke 1:46 - 50, English Standard Version
  - Faith is powered by your words.
  - You are either feeding your faith with your words and starving your fear, or feeding your fear and starving your faith.
  - “Knowledge is at best potential power, but applied knowledge is powerful.” | Jim Kwik
  - What was a moment when you were obedient despite logic?
  - When discussing a faith move with a friend, do you feel empowered? Pay attention to how people make you feel—encouraged or depleted?
  - How do you talk to you? Feed your faith. Starve your fear.
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### DISCUSSION QUESTIONS

1. “Progress is rarely massive steps forward, but rather a lot of small seemingly insignificant steps done consistently.” What progress in your life have you seen that matches that description—small steps done consistently?
2. “Faith is not the absence of fear.” Do you agree or disagree with that? Why?
3. Have you ever stepped out and done something in faith that went against logic? If so, explain.
4. When it comes to the words we use and the words we allow others to speak to us, we are either feeding our faith and starving our fear, or feeding our fear and starving our faith. What kind of words do you speak to yourself? Are they feeding your faith or your fear?
5. How do the people around you make you feel—empowered, encouraged, or depleted?
6. What's something small and consistent you can begin to do to feed your faith despite your fear this week?