



Group Discussion Questions

Week 1

One Prayer Week 1

- As a child, who were some of your heroes? Did you see them as strong? If so, what kind of strength or power did they possess?

For God gave us a spirit not of fear but of power and love and self-control.

2 Timothy 1:7 (NIV)

- In what ways do you believe fear can affect our relationship with God?

The one who conquers will have this heritage, and I will be his God and he will be my son. But as for the cowardly, the faithless, the detestable, as for murderers, the sexually immoral, sorcerers, idolaters, and all liars, their portion will be in the lake that burns with fire and sulfur, which is the second death."

Revelation 21:7-8 (ESV)

- Describe a time when God led you to do something, but you were too afraid to do it. What would your response be if you had it to do over?
- Do you think people see you as powerful? Why or why not? Do you see yourself as powerful? Why or why not?

Our God is in the heavens; He does all that He pleases.

Psalms 115:3 (ESV)

- God's great power is evident in that fact that He is the creator of the heavens and earth. What are some specific ways you have experienced God's power and majesty through His creation?

All the inhabitants of the earth are accounted as nothing, and He does according to his will among the host of heaven and among the inhabitants of the earth; and none can stay His hand or say to Him, "What have you done?"

Daniel 4:35 (ESV)

"Turn to me and be saved, all the ends of the earth! For I am God, and there is no other.

Isaiah 45:22-23 (NIV)

- Reading this verse, do you get the feeling God is reminding us of something? If so, what is it and how did/do we lose sight of it?
- How do you view God's power? Do you feel threatened by His power or protected? Do you feel you have access to His power? Why or why not?

Be strong and courageous, for you shall cause this people to inherit the land that I swore to their fathers to give them. Only be strong and very courageous, being careful to do according to all the law that Moses my servant commanded you. Do not turn from it to the right hand or to the left, that you may have good success wherever you go. This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success. Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go."

Joshua 1:6-9 (ESV)

- What is one area of passion where you've always sensed God may have given you a vision that could impact the world? If money, time and resources were no object, what would you LOVE to do with this vision?
- Do you believe that time, money or resources were a concern to God when He gave you this vision? Why or why not?

Final thought: With your group pray and ask God to give you eyes to see the power, boldness and strength He is offering you. Ask God to replace your fear with the boldness and courage that comes from relying on and resting in His strength.



One Prayer Week 1

For Further Study

To use this resource, simply select one or two questions from each category below that you think will help your group discussion. Alternatively, you can use these questions and scriptures in your own personal devotions during the week.

Open

- Why do you think change often makes people feel uncomfortable?

Explore

Read Joshua 1:1-18

- What prepared Joshua to lead the nation of Israel into the Promised Land? (1:1)
- What major change did the Lord want Joshua to get the Israelites prepared for? (1:2)
- Why was it important for Joshua to "be strong and courageous"? (1:6)
- What specific steps did the Lord instruct Joshua to take in order to be successful? (1:7)
- What did God say meditation on the Book of the Law would accomplish? (1:8)
- What assurance did Joshua give the Israelites that they could "take possession of the land"? (1:11)

- Why were certain tribes given special instructions by Joshua? (1:12-15)
- How did the Israelite leaders respond to Joshua's instruction? (1:16)
- What did the leaders of Israel say to encourage Joshua in his new role? (1:17-18)
- What would happen to a person who disobeyed Joshua, according to the Israelite leaders? (1:18)

Reflect

- How do you respond when the responsibilities in your life become overwhelming?
- What causes you to feel discouraged or inadequate?
- What does this passage teach you about how to deal with negative emotions, such as fear, self-doubt, and discouragement?
- What events in your past remind you of God's faithfulness and help you to trust Him today?
- Why do you think it is important to meditate on those things God has spoken to you?

Apply

- How do you sense God wants to take you beyond a specific fear or discouragement in your life?



One Prayer Week 1

Putting it into Action

For God gave us a spirit not of fear but of power and love and self-control. 2 Timothy 1:7 (NIV)

God wants us to rely on Him and live with power, boldness and strength in all we do. Unfortunately, fear has held many of us back from living this kind of life. This week take a step “out of the boat” and, in some way, live like you know He will enable you to accomplish the impossible and “walk on water.” This might mean experiencing something as a group or it might mean something you do individually. Pray and ask God what He is leading you to do. If you need it, here are a few ideas that might contribute to your conversation with God:

- Is there someone in my life You want me to show Your love, grace and kindness to?
- Are my neighbors better off because of my relationship with You? What do they need right now? How can I help meet that need?
- Who are the widows and orphans in my community? What resources do You want me to contribute? Where am I needed?
- Who needs a companion and friend on their journey with You right now? How can I be that person? What have You given me that I can offer them?

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Here are some suggestions you may want to use for your time with God this week:

Day 1: Read 2 Timothy 1:7. What fears steal your joy right now? Ask God to release and deliver you from those fears and show you how to live in His power.

Day 2: Read Revelation 21:7-8. On a scale of 1 to 10 honestly rate your confidence in God today. Whatever the rating, ask God to take your confidence up the scale through an experience with Him today.

Day 3: Read Psalm 115:3. Intentionally set aside a few minutes several times today where your focus is just the world around you and all He has created. Ask Him for His peace in those moments and the insight to see His heart and hear Him speaking to you through His creations.

Day 4: Read Daniel 4:35, 1 Timothy 6:15, and Isaiah 45:22-23. What is some small detail of your day you doubt God is really all that concerned with? Ask Him to show you His love and attention for you in this detail of your life today.

Day 5: Read Joshua 1:6-9. What opportunity for “loving your neighbor as yourself” has God shown you recently? If money, time and resources were no object how would you respond to this opportunity? Spend a few moments in conversation with God about your answers.