

BEAT



Faithful or Fearful

Colossians 1:23

Upbeat or Beat up

Session One – Take Home Study Guide

This is a study guide that is the first installment on a brand new series here at The Church @ 434. You can move through this life upbeat and not beat up...if you want to...and you already know, because you have found it to be true....you are inspired by upbeat people and you don't want to connect with beat up people

So in this series we are on a quest for true happiness – as the Bible defines it and ask some realistic, honest questions about each of our lives...

This study guide is designed to deepen your understanding of how a strong foundation in Jesus helps you live a life of faith instead of fear.

We started this conversation in the Bible teaching on Sunday, we continue it this week. Each day includes a scripture reading, a brief reflection, and journal questions to encourage personal application.

GRAB A TIME EACH DAY, GET YOUR BIBLE, GRAB A JOURNAL AND A PEN...DO A DEEPER DIVE INTO THE WORLD OF BEING UPBEAT OR BEAT UP

Day 1: The Importance of a Strong Foundation

Read Colossians 1:23

Paul emphasizes the need to stand firm in our faith. A strong foundation in Christ is crucial for our spiritual resilience.

Journal Questions:

1. What does it mean to "stand firm" in your faith?
2. In what areas of your life do you feel your foundation in Christ is strong?
Where is it weak?

Day 2: Identifying Fears

Read - 2 Timothy 1:7

God has not given us a spirit of fear. Understanding our fears is the first step toward overcoming them.

Journal Questions:

1. What fears do you struggle with daily?
2. How can acknowledging these fears help you confront them with faith?

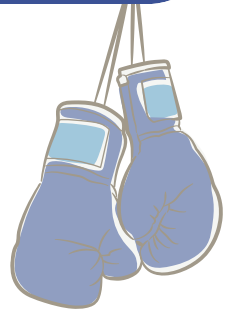
Day 3: Faith Over Fear

Read Isaiah 41:10

God promises to strengthen and help us. When we rely on His strength, we can face fears with confidence.

Journal Questions:

1. Reflect on a time when you felt God's presence in a fearful situation. How did it change your perspective?
2. What specific fears can you hand over to God today?



Day 4: Building Trust in God

Read Proverbs 3:5-6

Trusting in the Lord leads to clear paths and a faithful life.

Trust is foundational to overcoming fear.

Journal Questions:

1. How do you currently practice trusting God in your decisions?
2. What steps can you take to deepen your trust in Him?

Day 5: Prayer as a Foundation

Read Philippians 4:6-7

Prayer guards our hearts and minds.
It's a vital tool in building our foundation of faith.

Journal Questions:

1. How often do you turn to prayer when faced with fear?
2. What specific prayers can you commit to this week to strengthen your foundation?

Day 6: Community Support

Read Hebrews 10:24-25

Reflection: Community plays a crucial role in supporting our faith.

We are called to encourage one another.

Journal Questions:

1. Who in your life helps strengthen your faith?
How can you support each other?
2. What steps can you take to be more involved in your faith community?

Day 7: Reflecting on Growth

Read 2 Peter 3:18

Growing in the knowledge of Jesus empowers us to live faithfully.

Reflect on your journey this week.

Journal Questions:

1. How have you seen your faith grow this week?
What challenges have you overcome?
2. What commitments will you make to continue building your foundation in Christ?

Use this study guide as a means to reflect on your faith journey.

Dedicate time each day to pray, read scripture, and journal your thoughts.

Embrace the transformation that comes from building a strong foundation in Jesus, leading to a life filled with faith rather than fear.

When you do so – you have taken a bold first step toward living life Upbeat and refusing to be Beat Up!