

CREED

STUDY GUIDE

¹Now after the Sabbath, toward the dawn of the first day of the week, Mary Magdalene and the other Mary went to see the tomb. ²And behold, there was a great earthquake, for an angel of the Lord descended from heaven and came and rolled back the stone and sat on it. ³His appearance was like lightning, and his clothing white as snow. ⁴And for fear of him the guards trembled and became like dead men. ⁵But the angel said to the women, "Do not be afraid, for I know that you seek Jesus who was crucified. He is not here, for he has risen, as he said. Come, see the place where he lay. ⁷Then go quickly and tell his disciples that he has risen from the dead, and behold, he is going before you to Galilee; there you will see him. See, I have told you." ⁸So they departed quickly from the tomb with fear and great joy and ran to tell his disciples. ⁹And behold, Jesus met them and said, "Greetings!" And they came up and took hold of his feet and worshiped him. ¹⁰Then Jesus said to them, "Do not be afraid; go and tell my brothers to go to Galilee, and there they will see me." -- Matthew 28:1-10

THE POINT: Don't fix your eyes on fear, fix your eyes on the ONE who puts fear to rest!

Through the Apostles' Creed, we are discovering the load-bearing walls of the Christian faith. In week 1, we examined God the Father, Almighty Creator. In week 2, we focused on the identity and ancestry of God the Son, Jesus Christ. Last week, we investigated how crucial it is to understand the Cross.

The next load-bearing wall is the resurrection, and the fear and joy that surrounds it. Fear is as real for us as it was for the disciples at the cross, but Jesus put all our fears to death as He walked out of the tomb. In fact, we can trade our fear for faith by fixing our eyes on Jesus who has all authority and puts our fear to rest.

DISCUSSION QUESTIONS

1. If we are honest, many of us are dealing with real fears right now regarding our health, finances, work, family, even groceries. What fear(s) are you experiencing, and how are you dealing with them?
2. **Read Matthew 28:1-10.** Note that the angel and Jesus said, "Do not be afraid," and Matthew makes the statement that they departed...with fear... What was their fear?
3. There are many theories of why or how Jesus did not die on the cross or was not in the tomb, yet the same disciples that ran and hid when Jesus was taken were willing to die to share their belief that Jesus rose from the dead. What would change their fear and doubt to joy and certainty?
4. **Read Matthew 28:16-20.** How should we deal with fear knowing that "all authority in heaven and on earth has been given to Jesus"?
5. Knowing that Jesus has conquered death, knowing that He has all authority, how do you take your eyes off your fears and fix them on the One who puts fears to rest, Jesus?

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NEXT STEPS

1. **Train Your Soul** - Continue taking a one-minute pause two or more times a day using the One Minute Pause App (www.pauseapp.com) or other reminder (This practice has been shown to reduce fear and anxiety). This week focus on the resurrection and giving all your fears to Jesus.
2. **Know Your Why** - Continue to read or recite the Apostles' Creed daily and reflect on its truths. In addition, read and reflect daily on one of the following scriptures: Matthew 28:1-5; Matthew 28:6-8; Matthew 28:9-10; Matthew 28:11-15; John 16:33; Matthew 28:16-20.
3. **Know What You're FOR** - God not only wants you to take your eyes off your fears, but He also wants you to help others trade their fears for faith. Find ways that you and your Community Group can be FOR our community by helping people take their focus off their fears.

*North Ridge Church is a movement FOR all people
to discover and deepen a relationship with Jesus.*