

# SPOOKY WEEKEND WITH BRENNNA AND DILLON

Week 4

## **PARENT BIBLE STUDY**

### **Read: 2 Timothy 1:7**

When it comes to fear I have had two major reactions my whole life: I'm either completely consumed by it and frozen in fear or I run as far away as possible from it and avoid all the emotions and actions that come with that fear. I know that I don't need to live in fear with God because he is with me and will use my fears for his good—no matter what happens. If I'm living confidently in the power that works within me, and the love he's shown me, then I'm able to run towards the storm that scares me.

Cows can see storms coming but have the foolish response of running as fast as they can trying to get away from them. The clouds, rain, and wind hit, and the cows run as fast as they can in the opposite direction—much like me trying to avoid the pain and difficulty that awaits me when I face a storm. The reality is you can't outrun the storms of life and you're only going to wear yourself out trying. When the storm catches up, it will probably be harder to deal with than if you just faced it the first time.

Buffalo on the other hand have the opposite response. When a storm comes, they sense it and run towards it. Buffalo charge as fast as they can, straight into the storm. They do this knowing that if they get through the storm, there's sunshine on the other side. Buffalo face the storm head on, and use their energy getting through it, knowing that there's something better on the other side.

I'm sick of being a cow. I'm sick of wasting my energy trying to run as fast as I can away from the hard things, and the fear, that come up. I'm tired of thinking I'm able to avoid the storms of life. It can be hard to face the difficult things that come up in life. Paul faced countless, excruciating things including shipwrecks, snake bites, and being jailed numerous times. Yet, he continued to run to God with his fear and did what God said—knowing that any storm wasn't going to take him out because God was with him. God was with Paul. And God is with us, giving us power, love, and self-control to push past the fear and run towards the storms of life.

**Do you tend to be more like a cow or a buffalo when the storms of life come?**

**Can you think of times when God helped you get through the storm and fear and into the sunshine he offers on the other side?**

**How can you better run towards God, despite the fear and things that come up in life?**