

**Sunday:** January 25, 2026

**Series:** Jordan River Rules

**Sermon:** Part 2: Say No to Discouragement. Yes to Strength

**Speaker:** John Inthof

**Scripture:** Joshua 1:6-9

## Worship

Listen to a Worship song (If you need suggestions, you can use one from the Small Group YouTube Playlist) or express something that you are thankful to God for.

## Welcome

Check In – How is everyone doing (good things, teaching applied, lessons learned, prayers answered.)

## Word

- Are you afraid of something? (heights, spiders, snakes, enclosed spaces, something else?)
- Read Joshua 1:6-9
- How is God's word important in the acquiring of strength?
- How does Robert Morgan's quote encourage you? "One of the secrets of amassing strength is reminding yourself God requires it—and He who requires it, provides it."
- What are some of the negative effects of fear and anxiety on our faith? Have you ever had a time when your fear was greater than your faith?
- What can we do to overcome fear?
- How can discouragement effect our faith?
- Pastor John made three suggestions on overcoming discouragement: Resignation, recalibration and recalculation. What does that mean?
- What is something that you can practically apply from this lesson?

## Witness

- How does discouragement and fear keep us from telling others about Jesus? What can we do to overcome it?

## Prayer

Pray that God will help you apply this lesson. Pray for any other requests you have.