

## P3 Protocol Summary

# FEAR

**Scripture used as the theme: YES send out in advance of the P3? Yes, this was the e-mail sent out:**

**Fear:** It's one of the Five Wounds we address during our P-1 weekends. Sometimes we minimize fear and simply call it anxiety, anxiousness, worry or concern. I find it creeps into my life in so many ways and often robs me of the joy God has for me in the moment. It also robs of me of the confidence and faith that I know He wants me to experience and live out.

Is fear present in your life? How is it showing up? How is it impacting you and those around you?

In order to BE STRONGer, we have to empty out this part of our cup, and allow more of Jesus--more faith to fill us up.

[Matthew 6:25-34](#)

“For this reason I say to you, do not be worried about your life, *as to* what you will eat or what you will drink; nor for your body, *as to* what you will put on. Is not life more than food, and the body more than clothing? Look at the birds of the air, that they do not sow, nor reap nor gather into barns, and *yet* your heavenly Father feeds them. Are you not worth much more than they? And who of you by being worried can add a *single* hour to his life? ...

[Mark 13:11](#)

When they arrest you and hand you over, do not **worry**

[Luke 12:11](#)

When they bring you before the synagogues and the rulers and the authorities, do not **worry**

[Luke 12:29](#)

And do not seek what you will eat and what you will drink, and do not keep **worrying**.

[Philippians 4:6](#)

Be **anxious** for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

[Matthew 10:28](#)

**Do not fear** those who kill the body but are unable to kill the soul; but rather fear Him who is able to destroy both soul and body in hell.

[1 Peter 3:14](#)

But even if you should suffer for the sake of righteousness, you are blessed. And **do not fear** their intimidation, and do not be troubled,

**I hope to see you at P3 this week!**

-----Then, later in the week, this e-mail was sent out-----

'Do not fear, for I am with you; Do not anxiously look about you, for I am your God. I will strengthen you, surely I will help you, Surely I will uphold you with My righteous right hand.'

[Isaiah 41:10 NASB](#)

ACTION: Bring a large rock to the P3 with you.

**What question did you ask at check-in?**

Where have you seen fear show up in your life in the past week?

**Anything before you went into the next room?**

Yes, we recreated the fear walk we do at P1 and walked into a dark room. Men were told this: "Darkness creates uncertainty". "Darkness represents the complete absence of light". "What uncertainty is in front of you today?" Is Jesus with you during this uncertainty? Don't answer the question, but consider you answer for your work round.

**What was the reflection / devotional time outline?**

See the scriptures above

**Did you use special music? Yes: I'M NO LONGER A SLAVE TO FEAR (Bethel)**

[https://www.youtube.com/watch?v=3lg\\_ot2dvn4](https://www.youtube.com/watch?v=3lg_ot2dvn4)

**What was the work round? Props: Large rocks and Buckets:**

Since we had 10 men, we broke up into 2 groups. Each man had a large rock with them and we had a bucket for each group. Every man had a chance to work.

The man was encircled by the group. Some were group facilitated; some chose a man to facilitate. (Almost always better to have one man facilitate) The man in the circle began to name his fears, some just named one. He was holding the bucket. With each fear named, another rock was put into the bucket. When it was as full as possible, his work was facilitated.