

## **Fear of Disaster Small Group Guide**

**Warm-up Question:** (Choose one, make up your own, or skip this part altogether, depending upon the nature of your group.)

1. What is one of your favorite movie scenes?
2. Have you ever experienced a natural disaster like a tornado, hurricane, or earthquake? If so, what was it like?

**Read the following passage:** 1 Samuel 30:1-8.

David's humble beginning took a surprising turn when the prophet Samuel anointed him to be the next king of Israel. His stunning defeat of Goliath launched him into celebrity. After more victories and a deep friendship with the king's son, Jonathan, David's meteoric rise to success appeared unstoppable. And then things began to fall apart. Saul's relentless pursuit of David ultimately drove David into Philistine territory. David lost connection with his best friend, Jonathan. David's camp was destroyed, and the families of David and his men were taken. In the middle of their pain, David's own men considered killing him.

In our broken world, disaster is unavoidable. But David shows us how to respond in the darkest of circumstances. We need to face reality. We need to grieve. We need to find strength in God. And we need to take the next step God is leading us to take. Although David had to do some of these things alone, that is rarely the case for us. We can lean on our brothers and sisters as we walk through painful moments in our lives.

**Questions for Discussion** (Choose several that are relevant for your group):

1. Are there any potential "disasters" you regularly think about? Why do you think you fear these disasters? How would you like your mindset to change in this area?
2. David didn't run from his disaster. Instead, he faced the reality of everything that was happening to him. This recognition of reality ultimately helped David move forward. Why do we sometimes choose to avoid reality instead of facing it head on? Can you think of times when you have tried to avoid reality in your own life? Explain.
3. David and his men wept until they had no strength left to weep. Many people get angry or bitter when they experience disaster, but never continue past these responses to the place of true grieving. Do you find it difficult to grieve? What does grieving look like for you?

4. Do you process your experiences of pain or loss with other people? Explain.
5. What are some practical ways we can find strength in the Lord when we feel overwhelmed by our experiences?
6. After a period of deep grieving, David began taking steps to recover what had been lost. What are some next steps we can take when we're trying to move forward after a deep loss or crisis? Are there any significant losses or crises you have moved past in your life? What helped you? Explain.
7. What is one practical way you can address fear in your life?

**Pray**