

Fear

Small Group Guide

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

1. In general, would you describe yourself as a risk-taker? Explain.
2. Were you afraid of the dark, or storms, or any other similar thing as a child?

Read the following passage: Luke 8:22-25.

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

1. One aspect of the disciples' response to Jesus' miracle was fear. Why do you think that was the case? The "fear of the Lord" is a concept that appears regularly throughout the Scriptures. How would you define it? How do you think the fear of the Lord helps us address other fears in our lives?
2. The miraculous calming of the storm naturally caused the disciples to look at Jesus somewhat differently, as their question, "Who is this?" clearly indicates. What are some other things Jesus said or did that led people to think that Jesus was something more than an ordinary human teacher?
3. Do you regularly experience any of the following fears (or others)? Explain.
 - The fear of failure
 - The fear of rejection
 - The fear of missing out
 - The fear of hardship
 - The fear of losing your mind
4. Explain how knowing God in a richly personal way can help us overcome fear. In particular, how can knowing God help us address each of the fears listed in question three?
5. Read Philippians 4:6-7. What is Paul's recipe for addressing anxiety? Do you regularly pray when you experience fear or anxiety? Do you pray with others? Why do you think thanksgiving is an important part of Paul's instruction?
6. The Scriptures make it very clear that God is good, God is powerful, and God is present. Which of these realities is most meaningful to you right now? Explain.
7. Are there any passages of Scripture that help you confront fear in your life? Explain.

8. What is one fear you would like God to help you overcome?

Pray