



KILLING WHAT'S KILLING YOU PT 2: WORRY/FEAR

As followers of Jesus, we are under no obligation to get caught in the webs that bring spiritual and emotional death. Instead, we can kill what is killing us through the power of the Spirit. This week, Carlo talked about the web of worry. If worry is the web, the thing that spins that web most often is fear.

Big Idea: Freedom from fear comes from faith in the father.

DISCUSSION QUESTIONS

1. Read [Judges 6:11-17](#). Gideon was hiding from his enemies in a winepress when the angel called him a “mighty hero!” and told him, “the Lord is with you!” What do you think about these verses?
2. Like Gideon, what fears keep you “hiding out?” What keeps you up at night? What do you worry about? What are you afraid of?
3. At the beginning of their conversation, Gideon asked the angel of the Lord three questions and made one statement, all with an undertone of anger. In what way does your fear/worry come out as anger?
4. Gideon objected to and was afraid of the call of God on his life because of insecurity. In what way does your fear/worry manifest as insecurity?
5. Can you identify ways in which you seek to control situations or people because of worry or fear? If so, explain.
6. Read [Exodus 14:13-14](#), [Philippians 4:6](#), [2 Corinthians 10:5](#), and [Psalms 56:3-4](#). What we really believe about God is revealed when we are afraid. Being worried and afraid is human, but you don't have to stay there. It's what we do with our worries and our fear that makes all the difference. How is fear manifesting in your life right now?
7. When fear and worry begin to press down on you, what question do you need to ask yourself/reflect upon most to identify the source? (Is my peace based on something other than God? Am I stepping outside God's intentions for me? What am I focusing my thoughts on?)
8. When you spot fear, you can stand your ground, pray for peace, object to the lies and trust God. What other practical steps for killing worry and fear would be most beneficial to you right now and why? (Develop a routine that helps you focus on God's promises rather than your problems. Hint: subscribe to Daily Bible Reading.)
9. What is God saying to you through his word? How and when will you respond?

