



Part 1
Small Group Questions
Week of September 29, 2019

Icebreaker:

One-third or more of Americans have an acute phobia (something they are specifically afraid of) –do you have a particular phobia? (For fun -or terror- check out one of the many online quizzes you can take to see if you have a particular phobia).

Discussion Questions:

1. Would you say there was a positive change in how you deal with fear or anxiety as a result of the January message on it?

Yes No Kind of Not sure

2. What are the 4 words that are foundational to a spiritual strategy against fear and anxiety?

3. What was the first thing God tells us in these 4 words?

What struck you or stood out to you about this?

4. What was the second thing God tells us in these 4 words?

What struck you or stood out to you about this?

5. What was the third thing God tells us in these 4 words?

What struck you or stood out to you about this?

6. What was the fourth thing God tells us in these 4 words?

What struck you or stood out to you about this?

7. Are you going to give the *Faith over Fear* journal a try?