



DISCUSSION QUESTIONS

Fear Less — Part 1

1. What are some things you are afraid of or that you worry about? Do you think you worry more than the average person? If so, why is that the case?
2. Do you think all fear is bad? Explain your answer. What about worry? What are some of the potential negative consequences to worrying or being afraid?
3. Read Luke 6:12-13. Why do you think Jesus prayed so much?
4. Read Philippians 4:4-8, Proverbs 3:5-6; Isaiah 26:3; Isaiah 41:10; Joshua 1:8-9, Matthew 6:25-33 and Hebrews 13:5-6. Based on these verses, what are some of the benefits of trusting God with our worries and fears and how we overcome them?
5. How might you apply this lesson to your life?