

Icebreaker: Share a time growing up when you were really scared?

1. Other than spiders, snakes, bugs, and public speaking, from the following, what worries you the most and why?  
a) Being alone b) Old age c) Health Concerns d) Failure e) Saying something stupid f) not being accepted.

2. When fear, worry, or anxiety, grips you, what do you do? Do you have symptoms?

Read 1 John 4.18 "There is not fear in love but perfect love casts out fear..."

3. God's perfect love, casts fear away from us. Have you ever experienced this? When? How?

4. Pastor Nate says fear does

- Fear is seeing the future without hope
- Fear takes us to the worse case imaginable
- Fear turns us into false prophets.
- Fear wrecks relationships
- Fear makes us selfish
- Fear is like a demon spirit

Which one or two have you experienced? What were the circumstances?

5. Read Philippians 4.4-7 which one of these verses jump out at you?

6. How can we be more thankful and joyful, to cast out fear?

7. Do you pray when anxious?

8. Have you experienced the "peace of God that passes all understanding"? When? What did you commit to the Lord in prayer?

9. Did you keep that peace from God or have to pray again?

10. Read Philippians 4.9. How is it a challenge to walk in, and obey these things?

***Close in prayer, confessing areas we need God's peace.***