



## Fear of the Future

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### INTRODUCTION

Fear is an emotion caused by belief in a looming potential loss. It's based in the future. The source of our fears is usually something we're going to lose or we're afraid we won't have in the future. Since we can never really know what's the around the corner, is it even possible to live without fear?

### DISCUSSION QUESTIONS

1. What is your most irrational fear?
2. Talk about a time when fear kept you from doing something.
3. On a scale of 1 to 10, with 1 being “no influence” and 10 being “the primary influence,” to what extent do fear or anxiety influence your decision making and the quality of your daily life?
4. Read Romans 8:35–39. Is it difficult for you to believe that God's love could make it possible for you to move away from your fear? Why or why not?
5. What are you fearful about right now? Into which category does that fear fit—loss of life, autonomy, separation, or ego? What are some things that make it difficult for you to believe that Jesus conquered death, God is trustworthy, he'll never leave you, and that you matter to him?
6. What can you do this week to identify and defang your fear? What can you do to begin to believe and live as though God's love has the power to overcome your fear? How can this group support you?