

Soul Care

LASTING TRANSFORMATION & FREEDOM

Fear

Fear = a reactive instinct that lives inside all of us.

Some fears help keep us healthy and alive, others can be good in some measures, others are unhealthy and actively hold people back from experiencing the full life that Jesus offers us.

1 John 4:16-18 — Fear and love cannot co-exist.

The Fear of God and Others

In the Garden, when sin entered the world, we became **afraid of God** and **afraid of each other**. But Jesus makes a way for us to overcome both of these fears:

- Jesus saves us from sin, and invites us to come in close
- Jesus proves our worth and removes our need for approval from others
- The Spirit He gives us is a Spirit of power, love, and self-discipline

Overcoming Your Fears

1. **Identify your fears**
2. **Overwhelm your fears with truth**
3. **Act like you're fearless** (even when you're not)
4. **Remember the sparrows** (cultivate trust in God)

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DISCUSSION QUESTIONS

Appetizer

1. Review Sunday's message. What stood out to you? What challenged you? Are there any lingering questions?
2. What were you afraid of when you were young?
3. How have those fears changed (or not changed) as you grew up? What new fears have you discovered as an adult?

Entree

1. Read **Genesis 3:1-10**
 - a. What fear drove Adam and Eve to hide from God? What were they afraid of?
2. Read **1 John 4:16-18**
 - a. In your own words, how does Jesus change things for us? Why do we not have to fear God anymore?
3. How have you experienced the fear of God or the fear of others in your life? Have these fears held you back?

Dessert

Break into groups of 3-5 and discuss the following questions with each other.

1. Name one fear you've successfully faced, and one you're still dealing with.
2. What steps do you need to take to overcome that fear?

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