

# Group Discussion

## INTRODUCTION

Fear is an immobilizing force in our lives. We are often bombarded by fear, both externally and internally. Fear is *not* our friend. How can we learn to live free from the tyranny of fear?

## GETTING STARTED

1. Think about a circumstance when you feared something bad would happen, but then it never did. What was that fear? What did you learn from that experience?

## FROM THE SERMON

2. Looking back at this week's teaching, was there anything you heard for the first time that caught your attention, challenged, or confused you?
3. "Fear not" or "Don't be afraid" is one of the most repeated commands in scripture. It is repeated hundreds of times. Why do you think God goes out of His way to remind us over and over not to fear?
4. Pastor Sean listed many fears that people have. Have you taken time to identify your fears? Which of these fears do you struggle with the most?
  - a. Fear of people's opinions/judgement
  - b. Fear of rejection
  - c. Fear of loss
  - d. Fear of financial lack or not having enough
  - e. Fear of not being safe
  - f. Fear of being powerless or loss of control
  - g. Other fears?
5. Our choice is always between fear and faith. Read 2 Timothy 1:7. What 3 antidotes to fear are listed? Which of these 3 antidotes require the most faith for you? Reference Psalm 34:7, 1 John 4:8; Mark 5:35-36.
6. What are you hearing from the Holy Spirit right now?

## NEXT STEPS

7. What will you do with this new truth or spiritual insight as revealed by the Holy Spirit?
8. Take time to pray together.