

CONFIDENT LIVING IN A *Chaotic World*

WEEK 2 – STOP RUNNING SCARED

Connect with Others

1. We all have silly fears (clowns, spiders, heights). Has there been a time when a fear of yours led to laughter?

Pray

Focus on the Passage

2. Read Psalm 34:1-10. David confidently praises God in the midst of troubled times. In what ways can worship help us extinguish worry? How have you found this to be true in your own life?

Admit Where You Are

3. We talked about three kinds of fear this weekend. Which of these fears do you most relate to: Surface fear? Subconscious fear? Soul fear? Why?
4. In Psalm 55:2, David said that he was “worn out by [his] worries.” How do you tend to respond to troubles? Deny they exist? Blame someone else? Worry? Pray?

Interpret the Passage

5. Psalm 34:15-20 contain several promises of support to those who follow God. As you read through them, which ones encourage you? What about them encourages you?
6. According to Romans 10:17 and John 8:32, how does knowing God and His Word allows us to face our fears with faith? What are some practical things you can do to grow your faith muscles?

Take This Passage into Your Life

7. What can you do this week to identify and defuse your fear? How can this group support you?
8. What can you do to fight the temptation to fear or worry and receive the grace of God available to you?

Hear from God

9. In this week's message we learned the “Fear Must Be Fought” (Isa 41:10). What fears are you fighting? Finish by asking the group to pray for you.