

# LIFE LABS

LEADER GUIDE

## WEEK 1: Fear

### Ice Breaker

Tell the group who you are and how you got here.

### Watch the Video

### Scripture Reading

John 18:28-40

### Discussion Questions

How is God working on you through this text?

What do you think the world is most fearful of?

What is your biggest fear?

How would your life be different if you trusted God fully, in all things?

What does it look like for you to live out this teaching?

### Spiritual Discipline Application

Confession: This is a scary discipline. Telling someone something we are not proud of is not easy. Confession to others as well as to God is a sign of trust. Pray, and with the Lords leading go to someone with trust and confess your sins.

### Praises and Prayer Requests

Make a list of what everyone in the group can be praying for throughout the week.

