

This guide is intended to help you be better prepared to make disciples in your small group. It is based on the Sunday sermon listed in the top right corner. If you missed Sunday, make sure you listen to the sermon before your small group meeting. The messages are also on our website.

Prayerfully considering these questions will help equip you to practice mutual ministry with your family at Vertical. While it's not likely that all of these questions will be asked during your small group meeting, we believe that your personal walk with Christ will be strengthened as you meditate upon the truths that God is teaching you through His Word.

### Walk in His strength

1. Jeff described some reactions to fear: some people “turtle” while others reach out for help. What is your natural reaction to fear?
2. What kinds of fears most tempt you to compromise your obedience to Christ? Why do you think those affect you the most?
3. Jeff described fear as producing “self-protective reactions.” In what ways do you tend to self-protect? How does that affect your walk with Christ?

### Live in His love

4. Describe a time when fear caused you to withdraw from church, small group, or a relationship. How could living in God's love have helped you respond differently?
5. Think of a circumstance where fear caused you to think in a self-centered or self-protective way. How could remembering Jesus' command to love God and love others change how you respond in that situation?
6. After reading Phil. 2:3-4, Jeff said that "if that's the way we were all living, then everybody's needs would be met." How can you focus on the interests of others this week, especially in your small group?

### Rest in His wisdom

7. Recall a time or season when your thoughts were dominated by anxiety. How does it help to remember that the Lord gives us a spirit of self-control and a sound mind?
8. Three practical steps were given for gaining control of anxious thoughts: Pray (1 Peter 5:6-7) Seek God's wisdom in His Word (John 10:27), Get help from God's people (Galatians 6:2) Which of these three do you find easiest? Which is hardest? Why?
9. What would it look like for your small group or church community to actively help and encourage you in facing fear?
10. What kind of fears stop you from engaging in a godly way? Considering Christ, why should you change your way of thinking?