

LIFE GROUP GUIDE
WEEK of November 4 - 10

PREPARE:

Before your group arrives, make sure you take a few minutes to review the Life Group video and the Life Group Guide.

- It will help you be prepared for Life Group conversations ahead of time.
- Test your video display option to make sure it is working before your Life Group members arrive.

WELCOME:

Take a few minutes to welcome Life Group members.

VIDEO:

Watch the video together. It is 3 and ½ minutes long.

SCRIPTURE: Read and Reflect

Read **Psalm 56:3-4** together.

- After you have read the passage, take a couple of minutes for people to think about the passage before the conversation begins.
- Encourage them to focus on any questions come to their mind or what insights they have.

Psalm 56:

³When I am afraid, I put my trust in you.

⁴ In God, whose word I praise—
in God I trust and am not afraid.

What can mere mortals do to me?

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QUESTIONS FOR DISCUSSION:

Choose some questions ahead of time that you think will benefit your group the most.

QUESTION:

Scientists say that humans are only born with one fear – the fear of falling. All other fears are learned.

- What kinds of things are you afraid of and how do you think you learned them?

QUESTION:

Not all fear feels the same. Some fear can feel like panic. Other fears can feel like mild anxiety. Why are we more afraid of some things than other things?

QUESTION:

Do you think fear has ever helped you in life? Do you have an example you would be willing to share with the group?

QUESTION:

Do you think fear has ever robbed you of something in life? Can you give an example you are willing to share with the group?

QUESTION:

A lot of pretending can be caused by an underlying fear.

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- If a person pretends to be perfect, what do you think they might be afraid of?
- If a person pretends to know more than they do, what do you think they might be afraid of?

OBSERVATION:

King David realized this world is often not a safe place.

- There is no way to orchestrate your life to avoid any fearful moments.
- David discovered that though he could not eliminate fear, he could have a strategy for when he experienced fear.

QUESTION:

David determined to trust God when he felt fear.

- What does trusting God mean to you?

QUESTION:

If you trusted that God knows who you are and what you are going through, how would it influence your decisions and actions?

QUESTION:

If you trusted that God loves you unconditionally, how would it effect your view of what you are facing?

QUESTION:

If you trusted that God is always with you, how would it effect your conversations with Him?

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PRAYER:

Allow group members to share things they may be anxious about or afraid of.

- Focus group prayer on facing fears.
- What is something that could help them think more clearly, and act more bravely if they trusted it was true?