



ICEBREAKER

How do you feel about scary movies? **OR** Would you rather be a well trained stunt person or a well trained fighter pilot? Why?

CONVERSATION STARTERS

1. What steps do you take intentionally or unintentionally to recognize what feelings you are experiencing? When you recognize the emotion or feeling how do you figure out **why** you are experiencing it?
2. Is it OK to feel afraid sometimes? Why or why not? When does fear become a problem?
3. Doug said, "'Do not be afraid' is God's invitation when fear is present. We interpret this wrong when we believe we should never be afraid, or to be afraid means a lack of faith."
 - a. How does thinking about "Do not be afraid" as an invitation from God change your reading of these words?
4. How do you respond to this statement of Doug's, "To deny the presence of fear is not spiritual maturity, it is lying to yourself? Why does it matter?

Doug gave a couple of ideas to help keep us from becoming dominated by our fears.

1. **Face our fears** - What frightens you? How could the following words help you recognize fear and address fear? How has facing your fears helped you in the past?

1 Peter 5: 6-9 Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. 7 Cast all your anxiety on him because he cares for you. 8 Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. 9 Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings.
2. **Redirect our Focus** - What do you tend to focus upon when you are afraid? How do you keep your focus when you lose it? What has helped you in the past? Jesus acknowledges fear and offers peace in the midst of it. How can we model this? "Christ is with us. He is for us. He is in us, and He goes before us each new day."

Hebrews 12:1-3 Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at

the right hand of the throne of God. Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.

- 3. Rest in the Foundation of our Faith.** Hebrews tells us that *“faith is confidence in what we hope for and assurance about what we do not see.”* (Hebrews 11:1) The foundation of faith is when we transfer trust from our strength to God’s.

Hebrews 6:19 - *“We have this hope as an anchor for the soul, firm and secure.”*

2 Cor. 4:16-18 16 Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. 17 For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. 18 So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.

- a. **Where do you wrestle with trusting your own strength over God’s?**
- b. **Looking back on your life, when has faith been a foundation of faith that has served you well?**
- c. **Doug said he forgot he had an anchor when his boat motor failed, what do you tend to forget when fear strikes? How could remembering help?**