

# FEAR NOT

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## INTRODUCTION.

## Fear Not: Give Up and Let God be God

### DISCUSSION QUESTIONS

1. What are some phobias you have? (ie. Spiders, heights, speaking in public, snakes, etc...) How does this fear affect decisions you make?
2. Write down 3 of your fears heading into 2019? Share some of them with the group.
3. In what ways is your fear paralyzing and in what way is it motivating? Give an example.
4. Was there a time when you were fearful of the future and acted out on that fear (i.e., leading to anxiety, etc.)? What happened?
5. What do you think it means to *Give up and Let God Be God*?
6. Read Prov. 3:5-6. What are practical ways we can trust God with our Life?
7. Read Matthew 6:25-34. This passage has been labeled as the “cure for anxiety.” What can we learn from this passage to help us with anxiety?
8. Read 1 Peter 5:6-7, “Humble yourselves, then, under God’s mighty hand, so that he will lift you up in his own good time. Leave all your worries with him, because he cares for you.” What do you think it means to humble yourself and to leave your worries with God? How can this be helpful for us?
9. What step do you need to take this week to deal with your fears? How can this group help you in this journey?
10. Close of your time together by reading Phil. 4:6-7 and then praying together. “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” Take a moment and share some things you are anxious, worried or fearful and then pray for each other.
11. Pray this prayer together and challenge each other to pray this daily in 2019: “God, help my desires to be in line with your desires. Help me trust in your ways, give up my idea of what life should be like, and let you be God of my life.”

### APPLICATION

#### KEY VERSES

James 1:2-4	Matthew 6:25-34	Psalms 27:1
Romans 8:28	1 Peter 5:6-7	Isaiah 35:4
Proverbs 3:5-6	Philippians 4:6-7	Psalms 86:11
John 16:33	Isaiah 41:10	Joshua 1:9
Isaiah 55:8-9	John 14:27	