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## INTRODUCTION

## Trapped—Part 2

We all feel trapped at times. Trapped by circumstances. Trapped by fear or unforgiveness. Trapped by the sins in our lives. Trapped by finances. Trapped by a relationship.

Is it possible to be set free from the things that hold you captive. Join us as we begin this compelling new series. Let's discover how to experience the freedom Christ intended you to have.

## DISCUSSION QUESTIONS

1. What are some things you are afraid of or that you worry about? Do you think you worry more than the average person? Explain your answer.
2. What do you think the difference is between fear, worry and anxiety? Or are they all the same thing?
3. Do you think all fear is bad? Explain your answer. What about worry? Is it always wrong? What are some of the potential negative consequences to worrying or being afraid?
4. Read Philippians 4:4-8, Proverbs 3:5-6; Isaiah 26:3; Isaiah 41:10; Joshua 1:8-9, Matthew 6:25-33 and Hebrews 13:5-6. Based on these verses, what are some of the benefits of trusting God with our worries and fears?
5. Based on the verses above, how can we overcome our fears or worries?
6. Even though we have God's promises, we still struggle with fear. Why do you think that is the case?
7. Do you think it is wrong to get medical or professional help for our fears or anxieties? Explain your answer. Why might it sometimes be appropriate to look for a medical solution instead of a spiritual one?
8. How might you apply tonight's lesson to your life?

## APPLICATION

Worry, fear, and anxiety are a part of life. We all struggle with these emotions at times—some more than others. But why do those emotions surface in the first place? Why do some people encounter them more frequently? We worry and live in fear because we dwell on things that weigh us down. We focus on concerns. What if, with the grace and help of God, we could set those thoughts aside? We can do that if we believe that God is taking care of things for us. He can help us stop doing things that have a negative impact on our spiritual well-being.

We can't simply "stop worrying" or "stop thinking about problems." It's nearly impossible to just set aside the worrisome thoughts. However, we can replace them with something better—we can focus on things that are honorable, pure, commendable, morally excellent, and praiseworthy. We have to be willing to refocus our thoughts, turn our worries to God, and live in a way that leads to peace. We can accomplish that if we trust that God has things under control.

**He's bigger than anything we are afraid of.**

## KEY VERSES (HCSB)

Philippians 4:4-9  
Isaiah 41:10  
Proverbs 3:5-6  
Joshua 1:8-9  
Matthew 6:25-33  
Hebrews 13:5-6