



Week 2  
In The Face of Fear

Note to the Host

This series we will be hitting the topics that are associated with anxiety, and dealing with anxiety. We know that this is a big topic and we are here to support you in any way. We are so excited for this discussion guide, and know that you are going to lead your group in a great discussion.

Discussion Questions

1. (Ice Breaker) Do you find roller coasters or the ocean scarier?
2. What do you do in the face of fear? How do you act and think?
3. Sunday, we heard that fear is a magnifier, distorter, and paralyzer. Which one do you feel is most prevalent when you are in the presence of fear?
4. Do you memorize scripture? If you do, how has that impacted you? If you don't what's your first step?
5. When reading the Bible do you have habits? This could consist of how you read, how much you read, do you journal, etc?
6. Have you seen creation respond to the creator?
7. In fear we were told to respond with truth, remember God is with us, and refocus on others. Are you able to walk through this step? Is there one that you struggle with?
8. (Take Away) Fear flourishes where love lacks, does this make you think of a specific aspect of your life?

PRAYER

- Make sure that everyone has a chance to share, and do not rush this process.
- Make sure that someone is typing them up so the group can share them and pray for those requests throughout the week.
  - Make sure to welcome praise reports as well!
- Don't get overwhelmed about the time of prayer, pray how your group feels comfortable. This can either be one person pray, or you can go in a circle and pray a few sentences each!