


“Meeting God in Fear”

Remember: The goal of small group is 100% participation . . . to hear from everyone. Choose the questions you think your group will respond to, but center them around the Bible by using the questions marked with “  ”








Open It:

- What’s something that made you nervous or afraid when you were younger, but now seems small looking back?
- When you feel stressed or worried, what helps you calm down the fastest?
- If fear were a pair of glasses that tinted how you see life, what color would your lenses be right now??

Read It:

- 1 John 5:19
- Psalm 3:1-8
- Isaiah 41:10

Explore It:

- How does fear distort the way we see our circumstances?
- Why do quick Christian catchphrases (“faith over fear,” “God is in control”) sometimes feel unhelpful?
-  1 John 5:19 says the world is under the control of the evil one. How does that shape the way you think about fear??
-  How does knowing the backstory of David’s son Absalom’s conspiracy make Psalm 3 more powerful?
-  In Psalm 3:1–2, David is honest about his fear. Why do you think God included such raw emotion in Scripture?
- What are some lies about God or about yourself that fuel fear in your life?
-  What do you notice about David’s shift from fear to confidence in Psalm 3:3–5?
-  Why is David’s description of God as “a shield around me” so important? How is this different from a shield only in front of him?
- How does making God your glory change how you handle fear?

- Have you ever experienced God “lifting your head” like David describes? What was that like?
- 📖 Psalm 3:5 says, “I lie down and sleep.” What does this teach us about trusting God in the middle of fear?
- What does it look like for God to be your source of security in uncertain times?
- 📖 Isaiah 41:10 says, “Fear not, for I am with you.” What difference does God’s presence make in fear?
- When you consider David response to fear, which of the four truths about God (Protection, Glory, Support, Security) do you need most in this season? Why?

Do It:

- What specific fear are you facing right now, and how can you invite God into it?
- What lies about your identity do you need to stop believing in order to trust God more fully?
- Where in your daily life can you practice “meeting God in fear” instead of trying to dismiss it?
- How could you remind yourself this week that God is “a shield around you”?
- What step of faith will you take to move forward, even if fear is still present??