



Quit Living in Fear

Psalm 56:1-4; 2 Timothy 1:7; Psalm 34:4

Ice Breaker: What was your most irrational fear as a child?

Discussion:

1. When you become fearful, do you tend to let it consume you or are you able to overcome it easily?
2. What are some consequences we face when we live our lives in fear?
3. According to 2 Timothy 1:7, God has not given us the spirit of fear, but why does the Bible also tell us to fear God (Psalm 2:11, Deut. 6:13, Eccl. 8:12, etc.)? What does it look like to fear God?
4. Do you think that Fear is the opposite of Faith?

Bottom Line

If you know God and continue to seek after Him, He will deliver you from all your fears. (Psalm 34:4)

Next Steps

Ask yourself this question- What am I not trusting God with?

This week take whatever you answered the above question with and diligently seek after God and trust Him with it and allow Him to remove your fears.