



## Fear Not: Four Truths About Fear, Worry, and Anxiety Week 4 Discussion Questions

### GETTING STARTED

What is the funniest quarantine meme you saw this week?

### Pray together to open your bible study and discussion time.

In this series, we have seen how **misplaced security** leads to fear, how **doubting fixation** results in worry, and how **imagined threats** lead to anxiety. All of these can ultimately lead us to what is perhaps the greatest underlying fear that humanity faces: **the fear of death**.

*Designate one person to read Hebrews 2:9-18 out loud, as the group follows along.*

1. Do you ever wonder, “How am I going to die?” or “What age will I be when I die?” Can you recall specific times in your life when you were afraid to die? What fueled those fears? Do you have a fear of death right now?

### Review and discuss the four points made in the message.

**Jesus paid the price of death.**

**Jesus broke the power of death.**

**Jesus freed us from the fear of death.**

**Jesus brought death to death through his death.**

2. Have you ever been tempted to view the grace of God as a pass to sin freely, minimizing the price that Christ paid? Why is it so important to remember the price of death that Jesus paid for us (1 Corinthians 6:19-20)?
3. Looking to the apostle Paul as an example (Philippians 1:21-24), what should our attitude as Christ followers be toward *death*? What should our attitude be toward *life*?
4. Why would Paul say in 2 Corinthians 5:8 that we should “prefer to be away from the body and home with the Lord?” Why does God call the death of his faithful servants “precious” (Psalm 116:15)?

### CLOSING QUESTION

*Designate one person to read John 11:25-26 out loud, as the group follows along.*

5. Do you believe the words of Jesus? Do you believe that – even in the face of a global pandemic – you do not have to fear death? What gives you confidence to face the inevitability of your own death without fear?

### Pray together as a group.

### LOOKING AHEAD

In your anchoring time this week...

- Give thanks to God for destroying the power of death over us.
- Pray by name for your friends or family members who do not believe.
- Ask God to give you an opportunity to invite them to join you for Easter online at Hillside.
- Pray by name for other believers to be encouraged this week.
- Ask God to give you His peace and to guard your heart.