



Fear Not: Four Truths About Fear, Worry, and Anxiety Week 3 Discussion Questions

GETTING STARTED

Begin your group time by sharing some things that encouraged you this week.
(*Funny family moments, uplifting stories, creative ways you see people staying connected & helping others, etc.*)

Pray together to open your bible study and discussion time.

We have seen how **misplaced security** leads to fear and **doubting fixation** results in worry. This week, in part three, we focused on how **imagined threats** lead to anxiety.

1. Have the past several weeks revealed any anxiety in you? What makes you anxious?

Read 1 Peter 5:6-9 out loud as a group.

2. How can we stand firm and resist the devil when he tries to devour us? (**Read Ephesians 6:10-20** and discuss how we can be equipped to stand firm.)
3. How can we draw strength from the family of believers in Christ around the world?

***Fear* is a reaction to **current** threats. *Anxiety* is a reaction to **future** threats.**

4. How is anxiety different from fear in terms of our perception of a threat?
5. Can you think of any other passages in the Bible that offer us hope from God about our future, in contrast to the threats we sometimes imagine?

Read Philippians 4:4-9 out loud as a group.

6. What promise do we have from the scriptures about God's presence? How does this promise help us obey the command in the first part of verse 6?
7. The second part of verse 6 gives us instruction on *how* to cast our anxiety upon God. What should our spiritual response be to anxiety?

Relentless prayer is the **necessary response to anxiety.**

8. What are you thankful for in this season? How might prayers of thanksgiving lead you out of anxiety and into peace?

God's peace redirects your **restless thoughts.**

CLOSING QUESTION

9. What are some things you can do throughout your day to allow God's peace to redirect your restless thoughts and to fix your thoughts on things that are excellent and praiseworthy?

Pray together as a group.

LOOKING AHEAD

In your anchoring time this week, pray specifically that God would remove any anxiety in your heart in accordance with Philippians 4:6 and 1 Peter 5:7.

- *Confess your anxious thoughts to God.*
- *Cast your anxiety upon the Lord.*
- *Pray for others that may also be suffering.*
- *Ask God to give you His peace and to guard your heart.*