



Small Group Study Guide

UNAFRAID

April 26, 2020
*AN AGE OF
HIGH ANXIETY*

OPENING PRAYER

Heavenly Father, you know our fears before we speak. You know how fragile our faith is and how difficult our struggles are to trust you more. We pray that you will help us feel your peace and to trust in you and not be afraid. We pray this in the matchless and powerful name of Jesus. Amen.

SCRIPTURE PASSAGES:

Isaiah 41:10

Don't fear, because I am with you; don't be afraid, for I am your God. I will strengthen you, I will surely help you; I will hold you with my righteous strong hand.

Psalms 56:3-4

Whenever I'm afraid, I put my trust in you - in God, whose word I praise. I trust in God; I won't be afraid. What can mere flesh do to me?

INTRODUCTION

All of us have fears and worries in life. Our body's capacity to experience fear, and our ability to respond to perceived threats is a gift from God. But too often, this gift from God goes off when it's not supposed to. There are times when we imagine the threats that are not real. So how can we take seriously what's happening in the world without being afraid?

When King David struggled with fear he wrote songs (poetry) to God. When fear strikes us, we should turn our attention to God through song. Instead of using our imaginations to imagine the worst possible scenario, turn your attention to God in song and find a peace that surpasses all understanding.

QUESTIONS

- 1) Read Isaiah 41:10 on page 1. Many scholars believe chapter 40 in the book of Isaiah spoke to the Israelites living through the bitter experience of defeat and exile in Babylon. Few things could make people feel more powerless. Has the emergence of the Coronavirus caused you to feel powerless and afraid? Explain.
- 2) Read Psalm 56:3-4 on page 1. What bad, perhaps even malicious, obstacles has God's presence helped you survive in the past, or even turned to a good purpose?
- 3) Can you think of things you spent a lot of time and energy worrying about that never happened?
- 4) Behavioral scientists have identified a tactic to combat fear called "Exposure therapy." Exposure therapy is simply confronting our fears. An example of this may be to eventually go skydiving if you have a fear of heights. Has this ever helped you in the past? Do you think it would help you combat your fears?
- 5) In the message, Pastor Eric said that "worshiping God through singing, can bring us peace and comfort." Have you ever experienced the practice of singing or listening to Christian music as calming?
- 6) What would an action plan look like for overcoming your own fears?