

Discussion Guide for 10/14/2017 Kryptonite—Fear

Opener:

- **What was the scariest movie you have ever seen? Why?**
- **In current American culture, what things tend to cause fear in most people?**
- **Think of a movie or book where a character overcame their fears and pushed through. Why does that make us feel so good?**

Deeper Sharing

Describe a time in your life when you were extremely afraid. Did the situation warrant that level of fear? What ended up happening?

Sometimes fear is a natural and good emotion (guy following you in an empty parking lot at night). Other times, as Doug mentioned, fear is irrational. Would anyone care to share an irrational fear you struggle with?

Has anyone ever experienced anxiety or panic attacks? Would you share what that is like (Emotionally, Spiritually, Physically)?

Word of God

Read Luke 12:3-5.

- Identify the two types of fear in this passage.
- Discuss the difference between fearing man and fearing God.

Read 1 John 4:18.

- What expels fear? What is its source?
- If God is love and love expels fear, what might that reveal about our own fears as believers?
- What is the relationship between being secure in God's love and being courageous?

The "fear of the Lord" has been defined as *a healthy dread of God's displeasure and of His discipline* (emphasis on healthy). With this definition in mind, discuss the following passages... Deut. 6:24; Ps. 31:19; Ps. 115:13; Prov. 19:3; Prov. 22:4; Prov. 15:16; Ecc. 12:8-14

How does the fear of the Lord benefit us?

Why do you think so many blessings of God are conditional on us fearing him?

How does proper fear (fear of the Lord) drive out our irrational human fears?

Moving Forward

Did anyone come to view fear differently as a result of Doug's message? Explain.

Doug said that when we are experiencing fear, that knowing who God is and that he is with us is tremendously helpful. What are some ways we can act on this knowledge? How might this change our outlook on life? Our decisions? Our relationships? Our habits?