



Week 1: Fear

Discussion Overview: Fear is something all humans instinctively have. As children, we are afraid of things unfamiliar to us like big dogs or jumping into water for the first time or spiders, etc. (all people should be afraid of spiders btw). The same is true as we get older. We might be fearful to try out for the play or for a sport we have never done before or we might be fearful to talk to someone we don't know. Being afraid is not a sin, but a temptation. What we do when we are afraid is what matters. The enemy often tries to use fear to slow us down, paralyze us, make us run away, ruin our peace, and make us ineffective for the gospel. **When we look at the Psalms, we see that fear is a common human emotion, so we know that it is not sinful, but as we dive in, the Psalms teach us how to turn our fear to trust.**

Key Scripture Psalms 3, 23, 27, 34, 56, 91

DISCUSSION

Getting Started

- What were things you were scared of as a child?
- What are the things that you are fearful of today?
- How have you moved past fears previously in your life?
- Are there fears today that are causing you to feel paralyzed or stuck?

Optional Pro Tip: Have students read through Psalm 56 and 34 twice on their own and make notes about what stood out to them before diving in.

Digging Deeper

- Read Psalm 56.
- What was David fearful of in this Psalm?
- What did David do when he was afraid?
- He repeats the phrase, "In God, whose word I praise" a few times in this Psalm. What does that mean? And why is it important? Why does it help us overcome fear?
- Read Psalm 34.
- The word 'fear' is used two different ways here. What does it mean to fear the Lord?
- What does this Psalm say happens to people who fear God?
- When we fear God, we can have confidence He will deliver and protect us. Fear of God leads to fearlessness of the world.
- What is one step this week you can take to fear God more and fear man less?