



Week 4 - A Better Fear

GROUP QUESTIONS

- Share a time you have experienced either the fear of actual danger, facing reality, or imagination.

Read Psalm 56:3

- Why is trust the answer to fear and not courage, optimism, or hope?

FEAR REVEALS WHAT WE TRUST IN

Read Mark 4:35-41

- What does the disciples fear, and their response, reveal about them?

FEAR ASKS 'WHAT IF?', TRUST DECLARES 'EVEN IF'

- When it comes to the fear in our imagination, what are the questions we hear the most?
- What are some examples of people who have declared their trust by living with an 'even if' kind of approach?

The goal is not to never have fear or anxiety come into our lives, but rather to train to respond to fear with trust.

HOW DO WE TRAIN OUR RESPONSE?

- Take a moment to remember and discuss the differences between trying and training?

PAUSE, BREATHE, CALL ON JESUS

Read 2 Timothy 1:7

- Remember that the word for breath and Spirit are the same. What would it look like to meditate on the idea that the Holy Spirit is as close to you as your next breath and provides you with as necessary of a power, love and self-control

CHOOSE A BETTER FEAR

Read Proverbs 9:10 & Mark 4:41

- The disciples shifted their fear from their circumstance, to the reality of who Jesus is. How could you do this in your own life?

ACTIVELY GUARD YOUR HEART AND YOUR MIND

Read Philippians 4:4-9

- What things could you be practicing, meditating on, or choosing to participate in that would help shape, form, and TRAIN you to have a heart and mind guarded by peace?

Allow time for prayer requests - members to share their needs, and others to meet them.

NEXT STEPS

GROWTH TRACK

Growth Track is a series of on-demand videos designed to help you discover your unique gifts, and how to use them in your personal life and in partnership with Lighthouse Church. Head to lighthouse.church/growth-track to get started!

WANT TO JOIN THE MVMT?

Our MVMT Team is a group of passionate people who gather to serve our church community and guests each weekend, or during our Ministry Nights (CR, Students, and Young Adults). From Production (Cameras, Audio, etc), to LH Kids, Greeting to Security your gifts and talents are important to completing the mission of Reaching the Lost and Making Disciples as we move together with Jesus. Head to lighthouse.church/connect to get started.