



## Week 8

### **Connect** (15 minutes)

- Remember the show **Fear Factor**, what test would you definitely not want to face?

### **SOUL CARE PRINCIPLE #6 – OVERCOMING FEARS** (35 minutes)

- **What stood out to you in the first half of this chapter?**
- “The number one question in the heart of people for God is, ‘Do you love me?’ And the number one question in the heart of God for people is, ‘Will you trust me? I have proven my love through my Son, now will you trust me?’” (p. 186).
- **The Remedy to Fear**
  - “We can either act on fear or we can act on faith, but we cannot act on both. We can feel afraid and act on faith, but we can’t act on both. We must choose” (pg. 187).
- **The Peace of Heaven**
  - John 14:27 – “Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.”
  - “This doesn’t mean that everything is going to work out in life. This peace is not dependent on temporary circumstances; it is linked to an eternal kingdom” (pg. 188).
  - **Can you think of a time when you experienced God’s peace, even when your circumstances were far from good? Share.**
  - “Until we shift from trusting good results to trusting God in bad results, we don’t really trust God at all” (pg. 190).
  - “Fears also often drive us to reach for comforting sin patterns; fear is discomfoting, and unprocessed wounds are painful, so we engage in a sin that brings us a measure of relief and comfort, whether it is fantasy or an addictive behavior” (pg. 190-191).
  - **Is there something you tend to turn to (sin or not) to seek comfort?**
- **Overcoming Fear (Phil. 4:4-7)**
  - **1. Begin with worship.**
  - **2. Choose a gentle response.**
  - **3. Remember the Lord’s presence and fix your eyes in Jesus.**
  - **4. Overcoming your fears will involve redemptive suffering.**

- **5. Overcoming your fears will involve surrender.**
  - “Too often we ask the wrong question in times of difficulty. We ask the question why... I have learned instead to ask the question, ‘How? How can you redeem this?’” (pg. 199)?
  - **In what circumstances are you asking the “why” question right now?  
How can your “why” question turn into a “how” question?**
- **6. Overcoming your fears always involves action.**

#### **Spiritual Action Steps** (70 minutes)

- **Let’s walk through the questions at the end of the chapter and share our responses.**
  - **1. What are your root fears? How do they manifest themselves?**
  - **2. How are your fears affecting your relationship with God?**
  - **3. How are your fears connected to the lies you believe? What are the wounds beneath those fears? Take time to pray for healing.**
  - **4. What are the courageous actions you need to take to overcome your fears?**
  - **5. Bring your fears to Jesus. Let Him speak and minister to you.**

#### **Pray Together**

#### **For Next Week:**

- **Read Soul Care Principle #7 – DELIVERANCE (203-239)**
- **Be sure that you make time to process through the Spiritual Action Steps at the end of the chapter!**