



Boo - Fraidy Cat – We're all scared of something

DISCUSSION QUESTIONS: (page 1)

TRADITIONAL MODEL:

What were your biggest fears as a child?

Read through Ps 55 as a group, stopping along the way to make observations about how David prays about his fear.

How do you apply the idea of trusting God more instead of trying to fear less? How does Ps 56:3 apply to your fears?

Read 1Peter 5:7. How can someone realistically cast their cares upon God instead of carrying them? In what ways is that a challenge to you personally?

In what ways do you think Gal 6:2, 1Cor 12:26-27, and Pr 12:25 address our need for human support in our fears? In what ways could this conflict (or does it) with the idea that we are to cast our fear upon God?

When have you been open with others about your fears? How did others help you? Have you ever regretted sharing your fears with someone? Why?

How can fear open our heart more to the gospel? (Matt 11:28) How does the gospel address fear? In what ways can fear close our heart to Jesus?

Pray for one another's fears in your group.



DISCUSSION QUESTIONS: (page 2)

CONTEMPLATIVE MODEL:

What are you learning about God from this message?

What are you learning about yourself from the message?

What questions does this message bring up for you?

What is God doing in your heart lately?

What things do you feel are getting in the way from what God wants to do in you?

What is the biggest thing causing you concern these days? (something to pray about)

Leader's Guide: Fraidy Cat – We're all scared of something

The biggest things I worried about as a kid were quicksand or getting kidnapped, so I was constantly leery of wet-looking sand and strangers. Although neither of them proved to be a real threat, I've since learned there are plenty of other matters to worry me, bigger things, real things. "Boo" is a series about some of those things we are most afraid of and what the Bible says we can do about them.

OUTLINE & SCRIPTURES

Fraidy Cat: We're all scared of something

Unhealthy fear can incapacitate us.

Pr 12:25 An anxious heart weighs a man down

Standing Your Ground With Fear:

1. **Instead of trying to fear less, trust more.**



Ps 56:3 When I am afraid, I will trust in you.
118:6 The LORD is with me; I will not be afraid.
Ex 6:2 God also said to Moses, "I am the LORD."

Fear and trust are companions

Ps 56:3 When I am afraid, I will trust in you.

2. Instead of carrying fear, cast it.

1Pe 5:7 Cast all your anxiety on him because he cares for you.

Say to God, "Would you carry these for me?"

3. Instead of suppressing fears, pray openly about them.

Php 4:6 Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.

Pray about what is really on your mind

Invite God in to your fears

Ps 139:23 Search me, O God, and know my heart; test me and know my anxious thoughts.

4. Instead of hiding fear from others, reveal it.

1Cor 12:26 If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it. 27 Now you are the body of Christ, and each one of you is a part of it.

Ga 6:2 Carry each other's burdens, and in this way you will fulfill the law of Christ.

Pr 12:25 An anxious heart weighs a man down, but a kind word cheers him up.

5. Instead of allowing fear to move you away from God, move toward him.

Mt 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."

Some things to pray this week:

- God, will you carry this for me?
- God, will you bring someone trustworthy who will share my fear with me?
- God, if you're there, would you show me by helping me with this?