

AMAZING STORIES

INTRODUCTION

Fear and anxiety seem to dominate our lives. And many of us have simply resigned ourselves to the fact that they will *always* be a part of our lives. But God is longing to set us free. In this message, learn how to overcome the fear and anxiety in your life.

DISCUSSION QUESTIONS

1. What were you most afraid of as a child?
2. One of the reasons that fear has power in our lives is because it attacks the things we care about the most; our families, our finances, our health, our futures. List the three areas of your life that you worry about the most.
3. In your opinion, what are the benefits of anxiety and fear? Or, how has worry and fear benefited you?
4. How do you respond to the statement: Our fears pinpoint the areas of our lives where we don't trust God.
5. Read 1 Samuel 17:34-37. David was remembering what God had done for him in the past and it gave him confidence for the present. What has God done for you in the past that gives you confidence in your current areas of worry and fear?
6. In Psalm 23, we find the truth that God is always with us. Read Matthew 6:25-34. In this passage, what other promises did God make that should help us in dealing with our fear and anxiety?
7. What is one thing you can do to remind yourself of God's promises?

MOVING FORWARD

Fear and anxiety are going to come against all of us. But simply having a belief *in* God isn't enough to help us overcome. Many people believe in God and are still overcome with both. We have to learn to *believe* God. Believe his promises. Believe his truth. And believe his great love for us.

CHANGING YOUR MIND

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.

Philippians 4:6 (NLT)