

# SCARED OF DEATH

## PART 3: THE PROBLEM WITH THE PAST

### INTRODUCTION

Fear is always about something you're going to lose in the future. But fear is almost always rooted in the past. Your past is a problem when it creates fear for your future. It limits your potential and gets in the way of a deeper relationship with God.

### DISCUSSION QUESTIONS

1. What are some things that stand in the way of people addressing their pasts?
2. What kinds of walls do you tend to build in order to manage your fear—anger, humor, sarcasm, a critical spirit, withdrawal, control, substance abuse?
3. Read Philemon 8–18. Talk about a time when someone advocated on your behalf. How did it affect your relationship with that person?
4. Is it difficult for you to believe that God would advocate for you, that he can help you resolve your past so that you can move forward into a better future? Why or why not?
5. Think about what you currently fear. What wall have you built in order to protect yourself from that fear? What are some ways that wall is limiting your future?
6. What can you do this week to begin to address and settle the past and trust God with your future? How can this group support you?

### MOVING FORWARD

Don't let the fear caused from a past experience keep you from experiencing God in the future. Identify the wall you've built to protect yourself from fear. Address the past. Settle the past. Choose to trust, obey, and follow God.

### CHANGING YOUR MIND

“Forget the former things;  
do not dwell on the past.  
See, I am doing a new thing!  
Now it springs up; do you not perceive it?  
I am making a way in the wilderness  
and streams in the wasteland.  
*Isaiah 43:18–19*