

Session 2 - Fear Must Fall

Open in prayer and song: Fear He is a Liar (video)

Question to begin class

Share **Between Sessions** work from last week

Hearing the Word- Read Samuel 17: 10-16

Discuss:

1. What effect do you think Goliath's words had on the Israelites, after they had heard his taunts day after day for 40 days?
2. Why do you think they refused to react?

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Thoughts about **Video**

1. What are the 3 Cs that could explain causes fear? Discuss
 - a.
 - b.
 - c.
2. Our video tells us that fear and _____ can not occupy our minds at the same time as well as worry and _____.

3. To deal with our giant we must first _____ it and put it in the hands of Jesus. Then we must trust He will take care of it.

Discussion

1. The opposite of fear is not courage. Explain.
2. What is the disadvantage of concealing our fears from others?
3. What role do praise and worship have in dealing with fear?
4. What stops us from focusing on Christ all day long?
5. What would make this group a safe place for someone to confess the specific things that are causing anxiety?

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Living from Victory

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Closing Prayer : Read together Psalm 34: 4-14

Psalm 34:4-14

New International Version

⁴ I sought the Lord, and he answered me;
he delivered me from all my fears.

⁵ Those who look to him are radiant;
their faces are never covered with shame.

⁶ This poor man called, and the Lord heard him;
he saved him out of all his troubles.

⁷ The angel of the Lord encamps around those who fear him,
and he delivers them.

- ⁸ Taste and see that the Lord is good;
blessed is the one who takes refuge in him.
- ⁹ Fear the Lord, you his holy people,
for those who fear him lack nothing.
- ¹⁰ The lions may grow weak and hungry,
but those who seek the Lord lack no good thing.
- ¹¹ Come, my children, listen to me;
I will teach you the fear of the Lord.
- ¹² Whoever of you loves life
and desires to see many good days,
- ¹³ keep your tongue from evil
and your lips from telling lies.
- ¹⁴ Turn from evil and do good;
seek peace and pursue it.
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Between Sessions Options

1. Name a few things that you fear, (I am afraid of, I am afraid that, I am worried about.) Give yourself about 20 minutes to jot down what comes to your mind. After this time, see if there are any clues to the root of your anxiety. Pray and entrust these fears to Jesus.
2. Memorize this verse: **Psalm 16:8 I have set the Lord always before me; because He is at my right hand I shall not be moved.** Pray this verse, write it down and post it in the areas where you frequent. The Word of God is a powerful piece of armor.