



# **Overcoming Fear**

Week of July 14, 2019

These Digging Deeper questions can be used the week following the Sunday message. You can use these questions for personal growth and development, or as a guide for your family or Connect Group discussions.

#### **Message Recap:**

#### Read Daniel 6:1-9

One of the enemy's most trusted tools is fear. He uses it constantly to trip us up, hold us back, and keep us small. God originally made fear to keep us safe physically, but the problem is we've allowed fear to enter our minds and dictate nearly every aspect of our lives. Oftentimes, the things we are most afraid of are not what can physically hurt us, but what can alter others' perceptions and make us feel insignificant. The truth is, this is just how the enemy wants us to think. He wants us to forget that we know a God who is everywhere, in everything; a God who is a limitless love. He wants us to stay detached from that love. If he can do that, he can keep us from fulfilling the purpose that God has planned for each one of us. Just like Daniel, we need to face our fear, knowing that no matter where we go, God and his unending love is already there; knowing that our relationship with the creator of all things is the most important thing.

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Lord, we know that fear has a hold on most of our lives. We know that it has shackled us and kept us from doing great things in Your name. We don't want to be held back any longer.

Break the chains, God, and set us free. Help us overcome our fear, staying focused on You and Your love. Help us face our fears with courage and trust that You will always be there to see us through, and that in the end, whenever it comes, You will be there with outstretched arms ready to welcome us home into eternity.

### **Getting Started**

- What is one thing that scares you now, or has scared you in the past?
- Can you describe a situation or thing that you were once scared of, but at some point came to realize it actually wasn't that scary?

### **Digging Deeper**

- 1. Thinking about Sunday's message, what are some fears you are currently facing in your life?
- 2. What do you think is the root cause of those fears?
- 3. What is something you now regret because you let fear hold you back?
- 4. How is your relationship with God? Do you think that fear has put distance between you and Him? How?
- 5. Read Daniel 6:10. Why do you think Daniel's response was this way, instead of being fearful?
- 6. How could you confront your fears today, just like Daniel bravely faced the lions in his story?
- 7. How can the group help each other to overcome their fears? How could the other group members help you specifically?

# **Living Jesus**

God showed immense favor towards Daniel because of his faith. Throughout the Bible, many are similarly tested and must overcome challenges of fear. Time and again we've seen simple men and women accomplish great things for God because they "out-faithed" their fears and trusted in God's love. For some, it may be easy to write these off as just stories, but God chose these stories to be included in the Bible for a reason. He knew that even us, thousands of years later, would find ourselves similarly faced with difficult and sometimes even scary situations. These stories are meant to inspire us to have faith and trust in the God who is in everything and who's love reaches the endless corners of existence.

# What's Your Story?

Now comes the point where you must decide how you're going to live. Will you let fear cause you to forget everything and run, or will you allow your faith in God to help you face everything and recover? The truth is that fear is something we will ALL have to face, but how we respond will make all the difference in how much of life and God's amazing love we experience. So, what will you choose? Share how God is working in your life at <a href="SevernRunner.info/stories">SevernRunner.info/stories</a>.