



## Fearing Fear

October 21, 2012

[2 Timothy 1:7](#) & [Proverbs 19:23](#)

*Fear is a universal human experience. Children fear everything from darkness to imaginary monsters to getting lost. Adult fears are usually more sophisticated, but they are no less challenging. We worry about everything from other people's opinions of us, to our physical well-being, to what happens when we die. If we're not careful, our fears can control us. So, how do we overcome our fear and live a life of peace and joy? We need to fight fear with fear. We need to fear God more than anyone or anything else.*

### Consider & Discuss

1. What is your greatest fear? When did you first realize you had that fear?
2. Pick several common fears (e.g., public speaking, flying, death, etc.)? What do you think lies behind each of those fears?
3. What strategies have you found helpful in dealing with fear? What are the strengths and weaknesses of those strategies?
4. Which Bible passages, if any, have been helpful to you in dealing with fear?
5. Read [2 Timothy 1:7](#) and [Proverbs 19:23](#). How would you describe the concept of fearing God? How is it similar to and different than other types of fear?
6. How do you think fearing God can help us overcome other fears?
7. Realistically, how big is your God? What obstacles are keeping you from fearing God more than everything else that you fear?

### Live It

1. The YouVersion website has a [7-day Bible reading plan on the topic of fear](#). Use it each day this week.
2. Read [Psalm 34](#) every day this week. As you read it, personalize it and make it a prayer to God.
3. Each day this week, pick one of your fears and spend a few minutes praying about it. Confess to God that you've allowed that fear to displace Him in your life, and ask Him to help you to see Him as bigger than that fear.