

Life of Christ

A study of the life and teachings of Jesus

LIFE GROUP DISCUSSION GUIDE

WEEK 9 | Don't Worry (Days 52–58)

SERMON FOCUS: What Are You So Afraid Of?



Life Group Schedule

PREP Review the weekend service online. Read through each Scripture reference prayerfully. Invite the Holy Spirit to show you any correction you need to make around this week's topic. Be willing to be open, humble, and honest with your group about what He is showing you.

10 MIN Log In, chat, check on everybody! Remember, be a facilitator of conversation, not a preacher! Talk little, listen more, and have fun! Keep in mind we do this for community and for each of us to grow closer in our relationships with God.

15 MIN ICE BREAKER: Several ice breaker game suggestions can be located at [BIT.LY/NLCLIFEGROUP_ICEBREAKERS](https://bit.ly/NLCLIFEGROUP_ICEBREAKERS). Take your pick, and enjoy the game together!

TRANSITION: SPEND SOME TIME IN WORSHIP & PRAYER

30-45 MIN | WHAT ARE YOU SO AFRAID OF?

ROMANS 12:2

Q1. How does the world create fear in us? Are you being pulled away to a mindset of the world? Have there been times in this season when you clicked over into fear?

- Society is changing and is trying to change you.
- Daniel kept his heart toward the things of God. He kept holding on to the Word of God.
- We need the Word to inoculate us from the trends of paganism around us.

Q2. What does it mean to be changed from the inside out? How can God bring out the best in you and develop well-formed maturity in you?

ROMANS 12:2; MARK 4:35-41

- Need to get faith back.
- The best lessons in life are learned when you leave the crowd behind to be with the Lord.
- If you're not spending time with the Lord, maturity is not going to move in you like fear will.

Q3. What is a storm you have faced in your life? When you were in the storm, did Jesus feel close or far away?

- Fear went from the storm to fear of God: Peace. When you realize how amazing He is, the storm around you calms.

HOW CAN WE HAVE THIS FEARLESS ABILITY TO NOT BE INTIMIDATED BY THE STORMS OF LIFE?

1. To Ask Yourself, "Why are you so Afraid?"

Q4. Why are we so afraid? How can we act in faith and not with fear? Where is our faith, and why are we not using it?

- If our faith is inside of us, how can we take deliberate actions to get it out?
- Be so mature in walking with and following the Lord that it doesn't surprise you when you do something *for* the Lord.
- Jesus didn't say "Why don't you have faith?" but, "Where is it?"
- People think when the storm comes their faith will just kick in.
- Daniel had faith and he didn't mind "spending" it. We can't just hope that we will "catch" faith when we need it.

2. Faith Can Only Survive When Jesus Is What We See.

Q5. What do you worry about? What do you need to pray more about, versus worrying about it?

PHILIPPIANS 4:6-7

- If you don't see it and you're not pursuing it, it's not going to happen. You are not going to accidentally stumble onto this walk with Christ.

MATTHEW 6:33

- Seek **FIRST** the Kingdom of God.

Q6. To experience God's peace, what do you need to thank Him for that He has done in your life? If you are too busy to experience His peace, how can you slow down?

- There is something about a thankful heart that annihilates fear.
- The goal is to experience God's peace.
- The reason we do not have peace and do not pray, vs. being afraid, is that we are too busy.
- The disciples got away with Christ. They slowed down to learn.

Q7. What does it look like to keep your eyes on the Father and carry the Word?

- It's usually what you know a lot about that the enemy likes to attack you with.
- Sometimes when we see a problem, we know it can be bad, but Jesus is right there.

Q8. What impact does negative and critical people have in your life? Could you, perhaps, be the one with the critical spirit? Who can you call to challenge you with God's Word and direct your eyes back to the Lord?

- Critical people can suck the life out of us, and then we can be critical right back.
- Our eyes are on the storm, even though we see Jesus.
- Maybe we don't make those calls because that's not what we want.

MARK 4:38

- If you are loaded with fear and you are not looking to the things of Christ, when you do look at Jesus, you might think He doesn't care.

3. We Must Remember His Love For Us.

Q9. Can you list some things that we believe Jesus has done, which demonstrate why we do not need to be afraid?

- He is the Lord, and He is with you!
- No matter what you face, you do not need to be afraid.
- He is the God who is unmovable. When it rains, He still reigns.
- Even when fear hits us, the Lord and our faith in Him is deeper still.

Q10. What is your major fear in life? (Example: fear of heights).

Q11. Has your love for God fallen? Can you measure the distance? How can you fight to grow again in the Lord?

- When you see the difference between where you could be and where you are, go back and repent, then do what you did when you first loved Christ.
- Pray like you used to pray, like the Word is alive!
- The most secure place you will ever be is when you turn and face a loving God.
- When the Holy Spirit convicts you, that means you're about to grow!

TAKE PRAYER REQUESTS AND PRAY OVER NEEDS

CONFIRM OR SCHEDULE YOUR NEXT MEETING, WHETHER LIVE OR VIRTUAL

Leaders: Please share your email address and cell numbers. Be available!

- For more ideas, check out [VIRTUAL LIFE GROUP PLAN](#).
- As Life Group leaders—the hands, feet and voice of Jesus—remember “CPR”:
 - > C – Check-In and Care for People at least weekly
 - > P – Pray with and for them often
 - > R – Remember Scripture. God's Word is powerful!
- Group Participation Guideline Reminders:

- › Do not share anything that will embarrass anyone, including your spouse.
- › If called on you may pass on any questions you do not want to answer.
- › Allow time for everyone to share; do not dominate the conversation.
- › What is said in the group stays in the group. Use common sense and know when something shared is personal and should remain confidential.

For Daily Prayer: The following linked resources can help strengthen our prayer lives

- [Foundations, Session 4: "WHAT IS PRAYER?"](#)
- [THE LORD'S PRAYER PATTERN](#)
- [THE PRAYER OF JABEZ PRAYER PATTERN](#)
- [THE TRINITY PRAYER PATTERN](#)