

Overcoming Our Fears With Faith

Touching Base – What’s going on in our lives ... any highs or lows?

Reflecting – What have you thought about, applied to your life, or shared with others from our last discussion?

Today’s Topic – Read the passages from the Bible and let’s retell them in our own words.

John 14:27

²⁷ *I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don’t be troubled or afraid.*

Philippians 4:6-7

⁶ *Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. ⁷ Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.*

Proverbs 3:5-6

⁵ *Trust in the Lord with all your heart, do not depend on your own understanding. ⁶ Seek his will in all you do, and he will show you which path to take.*

Matthew 11:28-30

²⁸ *Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. ²⁹ Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. ³⁰ For my yoke is easy to bear, and the burden I give you is light.*

Discussion Questions

1. What do these passages tell us about God?
2. What do these passages tell us about people?
3. What else did you learn from these passages?
4. If you believed this was true, what could be the benefits and how might you apply it to your life?
5. What about these passages could you share with someone else, and who might that be?