

# Healthy Mind: God Help Us!

## Fear

Romans 12:1-2

### DISCUSSION QUESTIONS

*The following questions are intended to use in discussion and application of the past week's sermon.*

#### **Listening**

What part of the sermon was most helpful to you or challenged you to think and/or live differently? How will you apply this message to your life?

#### **Engaging**

Pastor Brent talked about the difference between the fear of God and fear. What do you think the difference is? What is the fear of God? How does that differ from the emotion of fear?

Read 2 Timothy 1:6-7. What is meant by a spirit of fear? According to this verse, what is the opposite of the spirit of fear? How can we live in a way that we are not controlled by fear?

#### **Applying**

What are some of your biggest fears? The Bible says over and over, that we should not fear. (Isaiah 41:10, Psalms 23:4, Isaiah 43:1) These are just a few examples. What should our response be to unhealthy fear? Does fear come from God? Talk about this and how we can resist fear.

#### **Praying**

Take some time as a group and pray over people impacted by the war in the Ukraine. May the Lord bring an end and healing to the violence and destruction taking place.

In light of this message and discussion:

How can we pray for each other?  
Where do you feel challenged or convicted?  
What can we praise God for?  
How can we pray for our church?