

# I'm afraid of...

Hope Church-May 19/20

**Conversation Starter:** What is your greatest fear?

The October 30, 2014 Washington Post listed these as the Top 12 Fears for Americans:

Public Speaking  
Drowning  
Flying  
Darkness

Heights  
Blood/Needles  
Strangers  
Clowns

Bugs and snakes  
Claustrophobia  
Zombies  
Ghosts

Do any of these resonate with you? If not, is there a fear you have not found on this list?

## Digging Deeper:

1. Many studies have shown that solitary confinement can actually break a person down more than physical torture. Why do you think this is true? **Read Isaiah 41:10.** What promise is given in this verse?
2. How would our lives be different if we didn't have faith in God, especially the truth of His Son Jesus? In the midst of a difficult situation, what would replace faith? **Read 1 John 4:18.** What does this verse tell us about God's love and our fear?
3. **Read 1 Peter 5:7.** Are fear and anxiety the same thing? What happens when you keep that fear and anxiety to yourself-physically, emotionally and spiritually? How do you "cast" this anxiety upon the Lord?
4. Did Jesus have fear as He contemplated going to the cross? **Read Luke 22:44.** What does that verse say about Jesus' emotions as He prayed in the Garden of Gethsemane? Why is this so? As we face an uncertain future what does God say to us in **2 Timothy 1:7?**
5. **Read Exodus 14:13; Joshua 1:9; Luke 1:30; Luke 12:32.** Many times in scripture the Lord says, "Do not be afraid." What are the promises that accompany this command?

**Personal Application:** What is your greatest fear? Take it to the Lord in prayer. As you focus on this fear and pray about it, how does resurrection hope give you comfort? **Read Job 19:23-27.**