



MESSAGE NOTES & DISCUSSION GUIDE WEEK 1 – FEAR OVERCOMING FEAR

SCRIPTURE PASSAGES

Proverbs 1:1-7; 3:5-7; 4:13, 20-26; 29:25; 1 Kings 19:1-4, 10-13

- 1) Proverbs is a book of _____ and not _____
- 2) We have all been _____ but many of us are not _____
- 3) Fear does three things to us:
 - Fear _____
 - Fear _____
 - Fear _____
- 4) God is always _____, and God is always _____
- 5) Stop feeding your _____
- 6) Start feeding your _____
- 7) The fear that _____ all other fear is the fear of _____

DIGGING DEEPER

1. Think of a time when fear paralyzed you. How did it impact your decision-making and actions? How do you relate to the idea that fear "strangles" our thoughts and emotions?
2. Proverbs teaches us that the fear (awe and reverence) of the Lord is the foundation of true wisdom. How can we grow in the fear of God in our lives?
3. Fear is often described as a liar. Can you recall a situation where fear made a problem seem bigger or more overwhelming than it actually was? How did you overcome that fear?
4. Elijah was fearful after experiencing a great victory (1 Kings 18) and ran from his fear. Why do you think fear sometimes hits hardest after we have experienced success or victory?
5. How does the fear of man or circumstances limit our faith?
6. How does the fear of the Lord lead to peace and safety in your life?
7. In what areas of your life are you currently struggling with the fear of man? How can you shift your focus to a reverence for God instead?
8. In what ways are you feeding your fears? How can you start feeding your faith instead?

9. Proverbs 3:5-7 encourages us to trust in the Lord and not rely on our own understanding. What is one area of your life where you need to stop trusting in your own understanding and start trusting God's wisdom instead?
10. What is one fear (of man, circumstance, or failure) that you need to lay down, trusting that God's wisdom and guidance are enough?