

# Discussion Guide

## *Traveling Light: Wk3 Fear*

August 21, 2022

### Big Idea

Courage is not the absence of fear. It helps us overcome fear.

### Icebreaker

Everyone anonymously write down one fear they currently have on a slip of paper (not too descriptively nor with too many details). Collect all the slips & put them in some sort of container. Shake them up and have each person pick out one slip. Go around the circle & have each person read the fear they picked out aloud while attempting to describe what the person who wrote the fear may have meant. Have no discussion about each fear at this point. Once everyone has read & described the fear they picked discuss as a group any commonality among the fears read/described.

### Discussion Questions

1. Read Psalm 23:4 (NIV). Do you think a commonality of the human experience is that we all face our own “darkest valleys”? Assuming agreeance that we all do, what is helpful about knowing this as being a commonality? Has relationship with someone else, who faced a similar fear that you have ever encouraged and/or helped you in facing it? Describe.
2. Still reflecting on Psalm 23:4 (NIV) what is the Psalmist’s (David’s) primary reason for *fearing no evil*? What does “fearing no evil” look like in action? The sermon addressed fear as *being a thief*. What are some things that fear has taken from you?
3. Our Good shepherd, God (as the sermon pointed out), is ever vigilant, protects us, guides us, and rescues us. Discuss what each of these mean to you personally. Which one comforts you the most today based upon the current season/situation you find yourself in and why does it provide said comfort?
4. Knowing the above stated attributes about our God gives us courage. What is courage? Share an example of someone you personally know that demonstrates courage?
5. Read 1 Samuel 17:32-47. What impact did time & experience have upon David’s level of courage emboldening him to confront this situation? What are some past fears that God has gotten you through? What is a current fear that you are dealing with of which this past testimony should help you in facing?

### Concluding Question

Do you have any other points or thoughts that struck you from the sermon that you would like to share; get input from others on? What are they?

### Application

1. What do you think the Holy Spirit may be saying to you through this sermon and our discussion?
2. What is something God wants you to do now?
3. Is there a way we can help each other apply what God is showing us?

### Prayer

- Make a prayer of commitment over one another to no longer allow fear to rob you of things He (God) has for you to do.