

Fear Not: Ogres, Onions, & Prayers

Discussion Guide

OPEN AND PRAY

What causes fear? How would you define fear?

Where do you see fear in our society?

Take a few minutes to pray and ask God to bring personal fears you're currently wrestling with to mind. You can share some of these, or simply keep them on your mind throughout the discussion.

READ PHILIPPIANS 4:4-9.

What does it mean to rejoice *in the Lord*? What does this have to do with anxiety?

Grammatically, the only two imperative verbs in Philippians 4:6 are “(Do not) **be anxious**” and “**present** (your requests).” The verb “present” has the idea of digging to the root our fears in prayer. What does this look like? Try practicing this as a group conversationally. You can use one person's real fear or a hypothetical one.

“Most of our worries are rooted in lies we believe about God.” Do you agree? Discuss this as a group.

READ THE STORY OF ZECHARIAH IN LUKE 1.

Have you ever been “gripped” with fear? What does this teach us about the nature of fear?

Note the instances of people praying. The Angel's comfort is that Zechariah's prayers have been heard. These could have been prayers for a child, but probably, they were also prayers for God to make good on his promises—prayers for a Messiah. How does what the angel says next connect to the prayers of the people?

Practically, how does the good news—gospel—of Jesus (death, burial, and resurrection) ease our fears?

CLOSE AND PRAY

Before you leave, write down a fear that you've been struggling with (you don't have to share this) and resolve to pray deeper about it each day this week.

MOST OF OUR FEARS ARE ROOTED IN LIES WE BELIEVE ABOUT GOD.

PRAY DEEPER.