



# LifeGroup Discussion Questions

## How to Climb out of the Pit of Fear | October 8, 2023

### Summary

When we find ourselves in the pit of fear, we need to turn to God as the ultimate source of peace and strength. Through studying Psalm 3 and Genesis 15:1, Pastor Dale highlights key steps to overcome fear and anxiety: having faith in God, recognizing His presence and protection, finding your worth and identity in God and embracing God's love and pride in His children.

### Scripture

Some time later, the LORD spoke to Abram in a vision and said to him, "Do not be afraid, Abram, for I will protect you, and your reward will be great."-Genesis 15:1 (NLT)

O LORD, I have so many enemies; so many are against me. So many are saying, "God will never rescue him!" But you, O LORD, are a shield around me; you are my glory, the one who holds my head high. I cried out to the LORD, and he answered me from his holy mountain. I lay down and slept, yet I woke up in safety, for the LORD was watching over me. I am not afraid of ten thousand enemies who surround me on every side. Arise, O LORD! Rescue me, my God! Slap all my enemies in the face! Shatter the teeth of the wicked! Victory comes from you, O LORD. May you bless your people. -Psalm 3:1-8 (NLT)

### Let's Start

Pastor Dale shared a childhood story about being pursued through the jungle by a man with a machete. Sometimes fear and anxiety can be beneficial, such as in life-threatening situations like Pastor Dale's. Can you share an experience where fear or anxiety helped you make a crucial decision or take action?

### Gratitude and Prayer

How has God worked in your life since the last time we were together?

## Let's Talk

1. What are some common fears and anxieties that people face in today's world, and how do they relate to the concept of having a "one thing" in our lives?
2. Pastor Dale said that recognizing God as a shield and protector is vital in times of fear and anxiety. How can you actively remind yourself of God's protective presence when you feel overwhelmed by fear or anxiety?
3. Reflecting on the story of David and his struggles, how can acknowledging our own mistakes and seeking repentance be a step towards finding peace and freedom from fear and anxiety?
4. In the sermon, Pastor Dale emphasized that making God your "one thing" can help combat fear and anxiety. How do you prioritize your relationship with God daily, and how can you improve that focus?
5. What habits can we practice to cultivate peace and trust in God when we find ourselves facing persistent fear and anxiety?
6. Are there specific Bible verses or passages that you find particularly comforting or helpful when dealing with fear and anxiety? Share these verses and why they are significant for you.

## Let's Act

As a group, brainstorm practical ways to reach out and support individuals who may be struggling with fear and anxiety, offering them the message of hope in God.

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