

Lesson 2 --- *Courage: Fighting Fear with Fear*
Chapters 3 and 4 (Discussion questions are in **bold***)
11/15/18

Chapter 3: Face Fear with Fear

The Lord is my helper; I will not be afraid. What can man do to me? Hebrews 13:6

- 1. Why is the question “What is fear?” one we need to answer?***
2. Explain what we mean by the term *natural fear*. Provide biblically that there is such a thing as natural fear.
- 3. What two words help us understand natural fear better? Explain in your own words what they mean.***
4. Explain and defend this statement: “To not have this kind of natural fear or reference for authorities is not a sign of courage or holiness but of pride.”
- 5. How does God use natural fear for our good?***
- 6. When is fear sinful?***
7. How does the Greek term *phobo* help us better understand the nature of fear?
- 8. Why is fear one of the greatest obstacles to obeying and glorifying God?***
9. What are some ways in which fear has prevented you from obeying God’s commands?
- 10. Why do people make threats? What does that tell us about the nature of fear?***

11. Are there any ways in which fear is causing you to disobey God's commands?

12. How are fear and love opposite from one another?*

13. Where does our fear spring from?

14. Are there specific ways in your life that fear is causing you to dwell on things other than the qualities described in Philippians 4:8? Be specific.

15. Are there specific ways you are living in the land of "what if?" Again, be specific.

16. How can God use sinful fear for our good?*

17. What is holy fear?*

18. What does holy fear produce?

19. What are some of the positive results of holy fear?*

20. What have you learned from this chapter? How will the truth you have learned help you in your battle with fear?

Chapter 4: Trapped

The fear of man brings a snare, but he who trusts in the Lord shall be exalted. Proverbs 29:25

1. Are you different on the outside than you are on the inside? Do you denounce sin publicly but indulge in it privately (Matt. 23)? Be very specific. In what ways are you different when you are around others than you are when you are alone?
2. Are you doing something you know is wrong because of what others might think? Perhaps this takes place at work or even in your role as a parent (1 Sam. 13)?
3. Are you doing something right because of what others might think? Are you “practicing your righteousness before man to be noticed by them” (Matt. 6:1)? In what ways is this occurring in your life?
4. Are you the same person at home that you are at work, at church, or with your friends? Are you a different person depending on what friends you are with (James 3:17)? Ask someone close to you to help you evaluate yourself in this area.
5. Do you get upset when others don't notice the good deeds you do (Rom. 12:9)? When was the last time you served someone else and your service went unrecognized? How did you respond?
6. Do you judge the motives of other people (1 Cor. 13:4-7; Phil. 4:8)? Do you spend time wondering what other people are thinking?
7. Do you worry about what people are thinking of you (Phil. 2:3-4)? Be honest and specific. About whom do you worry and why?
8. When you have conversations with others, are you constantly thinking about yourself (Phil. 2:3-4)? Think about the last conversation you had with someone who mattered to you. What were you thinking about during that conversation?
9. Do you tell outright lies? Do you shade the truth (Genesis 20; 26; Galations 1)? When was the last time you lied? What was the reason for your lie?

10. Do you always have to be right? Do you become defensive when you are rebuked (Prov. 3:5-6; 14:12; 16:2; 17:10; 18:1-2)? When was the last time you were rebuked? How did you respond? Why?

11. Are you jealous (1 Sam. 18:10)? Of whom are you jealous? Why are you jealous of them?

12. Do you feel empty on the inside? If so, describe this feeling further.

13. When do you feel the happiest? When do you feel the saddest? Think about the last time you were really happy. What caused your happiness?

14. Are you afraid to talk to others? To whom do you get nervous about speaking? Why do you experience this nervousness?

15. Do you feel crushed when you are criticized? Do you get upset when others are praised and you are not?

16. Are you afraid to tell others about Christ because of what they might think or what they might do? How did you react the last time you were given an opportunity to be a witness for Christ?