

Lesson 1 --- Courage: Fighting Fear with Fear

Chapters 1 & 2 (Discussion questions are in **bold***)

Chapter 1: You Can Be Courageous!

For God has not given us a spirit of timidity, but of power and love and discipline. 2 Timothy 1:7

1. How does fear cripple us? What are three specific ways fear has crippled you in your Christian life?
- 2. What concern did Paul have as he sat down to write 2 Timothy? What can we learn from his concern?***
3. What kind of fear was Paul prohibiting? Why is it important to take note of that?
4. How could Paul expect us to be courageous when life is so frightening?
- 5. Who was Paul writing about in 2 Timothy 1:7? What difference does it make?***
6. According to Dr. Lloyd-Jones, what is the miracle of redemption? Why is that truth so encouraging?
7. Without knowing your particular situation, how is it possible for us to tell you that you must throw your excuses for fear out the window?
8. What does this statement mean: "Your problem is that you are thinking of yourself as though you are still the same person you were before God saved you"?
9. What excuses do you tend to give for your fear?
10. What is biblical courage not based on? Why is that significant?
11. What is biblical courage based on?

12. How does knowing that the Holy Spirit is a spirit of power help produce courage?*

13. What is the ultimate proof that the Holy Spirit is powerful enough to help you in your time of weakness? What are some specific ways you can take this truth & implement it in your everyday life?

14. What is the danger of putting courageous people on pedestals?

15. What can we learn from the weaknesses of Moses, Joshua, and Paul?

16. How is love the opposite of fear?*

17. What does it indicate about us if we are controlled by fear, worry, and anxiety?

18. In what areas are you especially selfish? What are you going to do about it?

19. What should we do in frightening situations? How will that help us?

20. Where does fear do its most damaging work?

21. What are some examples of irrational thoughts with which you have struggled? Why are they irrational? (Support your answers with Scripture.)

22. What does it mean that we've been given the Spirit of sound judgement?*

23. How is Paul's advice to Timothy different from what the world's advice would be?

24. What's the result of the world's advice? What's the result of God's advice?

Chapter 2: Guard Your Heart

Let not your heart be troubled . . . John 14:1

1. How is the Christian's life different from the world's?
2. In one sentence, summarize what it takes to be courageous in fearful situations.
3. **What were the external circumstances that could have tempted the disciples to be overwhelmed with fear?***
4. How does knowing that you are not the only Christian who has been tempted to be overwhelmed with fear help you?
5. Is it wrong to feel distress and fear? Prove your answers biblically.
6. When do fear and distress become sinful?
7. **Why does the fact that Jesus commands the disciples to stop being troubled give hope?***
8. What does it take to respond to trials correctly?
9. Why is it so important to understand this statement: "Courage and peace don't just come automatically because you are a Christian"?
10. Do we have to be overwhelmed with fear? Prove your answer biblically.
11. How did you respond the last time you were in a frightening situation? What did you do right? What did you do wrong?

12. How is Jesus' counsel to His disciples different from simply saying, "Don't worry, be happy"?
13. Why is the world's advice, "Life is short. You shouldn't get upset. Don't worry. Just be happy," such nonsense?
- 14. In what did Jesus tell his disciples to put their faith? Why is this better than the world's wisdom to "put your faith in yourself"?***
15. What does it mean to put your faith in God?
16. Finish this statement: If you have a fear problem, you have a problem...
17. What are you really saying when you are being controlled by sinful fear?
18. Take a look at the last situation in which you became fearful and worried. What does your response tell you about what you believe about God?
- 19. What can you learn from Luke 8:22-25?***
20. How would you respond to someone who says, "I believe in God, and I believe in Jesus. But it's not helping. I'm still fearful!"
- 21. What can you learn from the fact that Jesus didn't just tell His disciples to believe, He also told them why they ought to do so?***