

Unafraid: Living with Courage and Hope in Uncertain Times

Week 1: Facing our Fears

Small Group Discussion Questions

Welcome and opening prayer: *God who calms the troubled waters, we bless you for your presence in the midst of our fears and trials. We release to you the things we hold too tightly, and we trust your words of peace. Be among us in this session, and may we live in you, secure in your presence and love. Amen.*

1. What are the aspects of contemporary life that make people fearful?
2. In Chapter 2, Hamilton says that fear may play a role in keeping us safe. Talk about a time when fear kept you safe.
3. Hamilton also identifies false fears and unhealthy worry as things that can keep us from living well. When have you experienced your fear as something that kept you from living well?
4. In the closing section of Chapter 4, Hamilton describes a vest called a ThunderShirt that his family puts on their small dog, Maybelle, when there are thunderstorms in the area. Why do you imagine that a ThunderShirt calms Maybelle? How do you comfort an anxious pet? What tools do you already have that help you with your fear?
5. In Scott's sermon today, he reminded us through Paul's letter to the Philippians that prayer is one of the primary spiritual practices that can help us face our fears. How has prayer been a resource for you? How can we help each other begin to turn to God in prayer?
6. In closing his sermon, Scott told us about how he faced his fear of deep water and jumping off a diving board. When have you found yourself on that diving board, afraid to take the leap into the unknown? Where do you think you need a "nudge from God" in your life right now?
7. How else did the reading and sermon for today speak to you?