



LIFE GROUP DISCUSSION GUIDE

For the week of 4/14/2024

This week we discuss confronting the giants of fear and defeat in our daily lives. We look at Numbers 13 and explore the story of the Israelites as they journeyed toward the promised land, facing towering doubts and fears. We look at the powerful truth that the Spirit gives us power, love, and self-control, not fear

After your group opens in prayer, please read the following passages, and discuss any questions or thoughts that came to mind after hearing/watching the sermon.

1. What is an area of your life currently where you feel overwhelmed or defeated by fear?

Read Read Numbers 13

2. In Numbers 13:30 Caleb's response contrasts sharply with that of the other spies. When have you had to quiet negativity, hard news, or fear to boldly step out in faith?
3. Caleb focused on God's promises rather than the giants in the land. What promise from God can you think of to overcome the "giants" or obstacles creating fear in your life?
4. Fear is often more contagious than courage. What negativity or fear are you allowing to spread into your thoughts and attitudes? Where is it coming from?

Read 2 Timothy 1:7

5. How would you describe the difference between the "power" given by God's Spirit versus worldly power? How can we access and operate in God's power?
6. The verse also says God's Spirit gives us "love". How can love be a powerful force to overcome fear in our lives?
7. Self-discipline (or other translations have self-control or sound mind) is also listed as something God's Spirit provides. Why is self-discipline important when dealing with fear and timidity? How can you grow in this area?
8. In which of these three areas do you currently feel weakest? As people share, spend time in groups of 3 or 4 and pray for each other.

Share any challenges, encouragements, and needs related to this week's message. Close by spending time praying for each other's needs and challenges.