

*Fighting Fear Part 5* | Dan Spino

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**Remember that fear is the enemy of God glorifying faith so we must learn to take up the weapons God offers us to fight against it.**

**We can fight fear by:**

1. By taking control of our thoughts (Philippians 4:8 & Isaiah 26:3)
2. By knowing that God has chosen me (John 10:27 - 10)
3. By trusting God's provision and timing are perfect (Psalm 130:5-6)

## Questions for Discussion & Reflection

5.24.20

*LifeGroups: If you have not had a chance to start talking about meeting in person, be sure to make this the first conversation for your gathering time. You can use the email that was sent out to help guide this discussion.*

1. What in your life is encouraging your thoughts to roam and wander without check? How do you see these feeding an underlying fear you have? Can you name that fear?
2. How does Philippians 4:8 help you with your thought life?
3. What fears do you see being addressed in John 10:27-30? What other texts about knowing that you are chosen help you to combat fears?
4. How well do you wait? When you have found yourself waiting, where is your soul's focus? Take a moment to reread Psalm 130:5-6, slowly and out loud. How do you hear God speaking to you as you reflect on either a current waiting situation or a previous one?
5. In what ways have you seen God provide for you? In what ways has God's timing spoken to you? How does that help you grow in your trust?

## Challenge Verse

Each week we want to challenge you to memorize 1 verse from our teaching passage.

This week's verse is: ***Philippians 4:8***

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.