

FEARLESS

LEADER'S NOTES | WEEK 3

QUESTION 1

Question one presents our story for the week and the idea that overcoming fear is often not about changing our circumstances but about changing what we perceive as the ultimate reality. The question also presents the idea that we are surrounded by an invisible spiritual realm. This question might take a significant amount of time, and I think that will work for this week. There are many places this might go, so enjoy.

QUESTION 2

These thoughts might help you navigate question two. Knowing God is with you should eliminate fear by shifting your focus from the scale of your problems to the power of your Protector. It provides a source of peace, strength, and security that transcends human limitations.

The awareness of God's presence alleviates fear through several key principles:

- **Shifting the Burden:** You are no longer facing your struggles alone. The reminder that a sovereign Creator is with you means you can draw on His strength rather than relying solely on your own.
- **Providing Assurance:** The ultimate assurance that you will never be abandoned or forsaken allows you to confidently confront challenges, knowing your foundation is secure.
- **Reframing Perspective:** Fear often magnifies the "what ifs" of the future. Remembering God's presence grounds you in the present moment, trusting that He is already ahead of your circumstances.

QUESTION 3

Question three introduces the idea that trusting God can take away our fear. There are two key verses discussed: **Psalms 56:3-4** and **Isaiah 26:3**. This might help:

Compare: The Core Foundations

- Reliance on God: Both passages teach that placing your confidence in God is the ultimate solution to human distress and anxiety.
- The Object of Trust: Both verses direct the reader's attention to the unchanging, eternal nature of God (or His Word) as the reason for confidence.

Contrast: The Focus and Context

	Psalms 56:3-4	Isaiah 26:3
Primary Theme	Courage over Fear	Perfect Peace
The Situation	Focuses on a crisis. Specifically, facing active opposition, threats, or danger from enemies.	Focuses on a disposition. Specifically, finding an internal, stable calm (the Hebrew shalom shalom meaning "perfect" or "total" peace).
The Action	Acknowledges fear and makes an active, deliberate choice to trust God's promises in the exact moment of threat.	Mentally remaining unwavering ("mind is stayed/steadfast") on God as a daily discipline, regardless of circumstances.
The Result	Banishes the fear of what "mere mortals" or flesh can do to you.	Results in unbroken, comprehensive mental and spiritual tranquility.

Summary: **Psalms 56** is ideal when you feel actively threatened or panicked, serving as a battle cry to actively push past fear. **Isaiah 26** is ideal for general, overarching anxiety and mental fatigue, encouraging a quiet, daily rest in God's eternal strength.

QUESTION 4

The final question focuses on **2 Corinthians 5:7 We live by faith and not by sight**. The discussion focuses on how you might practically live out this verse. You might include some of the content from the previous three questions to aid you in this discussion.