



INSIDE OUT Part 2 - Fear

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Open with prayer.

Get to Know You (10 Minutes)

- What activities or hobbies do you enjoy doing that bring you the most rest?
- What is one thing you will never do because of fear? For example, I will never go skydiving or bungee jumping.

Observation & Discussion (30 Minutes)

Psalm 55:1-8

Listen to my prayer, O God, do not ignore my plea; hear me and answer me. My thoughts trouble me and I am distraught because of what my enemy is saying, because of the threats of the wicked; for they bring down suffering on me and assail me in their anger.

My heart is in anguish within me; the terrors of death have fallen on me. Fear and trembling have beset me; horror has overwhelmed me. I said, "Oh, that I had the wings of a dove! I would fly away and be at rest. I would flee far away and stay in the desert; I would hurry to my place of shelter, far from the tempest and storm."

Scripture as you seek to surrender your fear and lean on God

Ask For Help

1 Thessalonians 5:14 - And we urge you, brothers and sisters, warn those who are idle and disruptive, encourage the disheartened, help the weak, and be patient with everyone.

Pray

Psalms 56:3-4 - When I am afraid, I put my trust in you. In God, whose word I praise — in God I trust and am not afraid. What can mere mortals do to me?

God is in Control

Psalms 91:1-2 - Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, “He is my refuge and my fortress, my God, in whom I trust.”

Psalms 46:1-2 - God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea,

Psalms 27:1 - The Lord is my light and my salvation — whom shall I fear? The Lord is the stronghold of my life—of whom shall I be afraid?

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

Hebrews 10:39 - But we do not belong to those who shrink back and are destroyed, but to those who have faith and are saved.

Psalms 23:1-4 - The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right paths for his name’s sake. Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

1. As you read through Psalm 55:1-8, is there a particular image or emotion that you relate to the most?
2. Discuss David’s responses to his fear. Can you relate to David and why or why not?
3. How do you typically respond to fear and feeling overwhelmed?
4. What is your ‘hiding place’ or ‘desert’ when life becomes difficult?
5. What might it look like to seek rest not by escaping, but by trusting God amid the storm?

Next Step (10 Minutes)

- As you think about surrendering your fear to God what is one tip from the above list that would be the most helpful for you? Write out or take a picture of a scripture from that tip to have with you this week. Take a moment to read your verse a few times throughout the week.
- Scripture for further study and discussion:
Psalm 27:1
2 Timothy 1:7
Hebrews 10:39

Prayer Requests (5 Minutes)

Pray with your group to close.

Challenge

This week, take time to read through the entire chapter of Psalm 55 a couple of times. When you read through it, make one observation that stands out to you to think back on for that day.

For resources on helpful tools to use in reading scripture check out our Grow Spiritually page [HERE](#) and scroll down to Bible Reading Resources.