



LEARNING TO TRUST GOD

UNAFRAID

(PSALM 6:3-4)

1 REFLECT Ask some or all of these questions, depending on your context and timeframe

- On the continuum between a bold lion and a scaredy-cat, where would your friends put you, and why?
- Tell about a time you pushed ahead in spite of your fear—what was the situation and how did you come out of it?
- What's one thing you fear even though not everyone else fears it? What's fueling your fear?
- When you're afraid, what helps bring calm and assurance, and why?
- How has a growing relationship with Jesus helped you deal with fear?

2 READ THE SCRIPTURE

When I am afraid, I put my trust in you. In God, whose word I praise, in God I trust; I am not afraid; what can flesh do to me?
-Psalm 6:3-4

3 CHOOSE AN IMAGE

A completely fearless life isn't possible, or even healthy. But a life that tames fear through trust in God is. What would it feel like to trust God more than you do now? Pick an image above that represents that feeling for you, then explain why.