



## Small Group Curriculum

# Topic: **GOD'S ANTIDOTE TO FEAR**

*Psalm 23:4 (NIV) 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.*

- Fear **paralyses** and **torments** our minds.
- **Fear** and **faith** are both a matter of **choice!**
  - *Fear and faith cannot co-exist together.*

*2 Timothy 1:7 (NKJV) For God has **not** given us a spirit of fear, but of power and of love and of a sound mind.*

## **ALWAYS BELIEVING SOMETHING**

- There is no such thing as "**non-belief**" but only "**wrong belief.**"
  - *The Bible calls wrong believing "**unbelief**" and, right believing, is called "**faith.**"*
- **Fear** and **faith** are both a matter of **expectation!**
  - *Fear expects **failure** and **disaster.***
  - *Faith expects **triumph** and **victory.***
- People who **refuse** to see anything beyond their fears **live in defeat.**

- *No matter what situation we find ourselves in, the Word of God is clear: "fear not, believe only!" Luke 8:50*

## FAITH IS THE ENFORCER

*Hebrews 11:6 (NIV) Without faith it is impossible to please God because anyone who comes to Him **must believe** that He exists and that He rewards those who earnestly or diligently seek Him.*

- Faith in God and in His Word and knowing that God reinforces what He says, will enforce victory.
- **Fear** (*wrong believing*) puts our **circumstances** between **God** and **us**.
- **Faith** (*right believing*) puts **God** between our **circumstances** and **us**.
- Fear **reasons** from **self** and **circumstances**.
- Faith **reasons** from **God** and His **Word**.

As we step forward and act courageously God will give us the strength we need.

*Joshua 1:9 (NIV) Be strong and of good courage; **do not be afraid, nor be dismayed**, for the Lord your God is with you wherever you go.*

## FEAR CAN BE CONQUERED

- God wants to **release** you from;
  - Fear of past experiences
  - Fear of the unknown
  - Fear of the dark
  - Fear of sickness and death
  - Fear of failure
- God has made our **victory** possible through **Jesus**.

*1 Corinthians 15:57 (NIV) Thanks be to God who **gives us the victory** through the Lord Jesus Christ.*

- Our **confidence** should be totally in the **finished work** of **Jesus**.

*Philippians 4:13 (NIV) I can do **all things** through Christ who strengthens me.*

- It's important to bring the **truth** of **God's Word** into the **arena** of our **fear**.

*John 8:31-32 (NIV) If you hold to my teaching you are really My disciples. Then you will know the truth, and **the truth will set you free**.*

## Group Discussion

1. Discuss the teaching notes on God's Antidote to Fear.
2. What is one attribute of Christ that inspires you to trust Him?  
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3. Share a Scripture that brings you comfort in difficult times, encouraging you to trust the Lord.  
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4. Share an experience with your group of a time when you put your faith in God in a fearful time and He helped you overcome.  
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## Group Prayer / Needs

1. Are there any prayer requests from group members that can be prayed for before closing?
2. Are there any needs that the group can help each other with? (*Discuss*)