



SMALL GROUP  
DISCUSSION QUESTIONS

F E A R  
A N D  
F A I T H

*Finding the peace your heart craves*



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## CHAPTER 1

# FEAR OF MAN

1. What is the fear of man?
2. How have you seen the fear of man manifest in your life?
3. How did Peter struggle with this fear, and what can we learn from his struggle with the fear of man?
4. Discuss how slander and judgment can actually be a product of the fear of man.
5. What might you do to fight this temptation and receive the grace available to you?



CHAPTER 2

## FEAR OF THE FUTURE

1. What area of your life do you find yourself consistently fearful of what might come or what won't come?
2. Why do you think it's hard to let go of control and trust God for your future?
3. Was there a time when you were fearful of the future and acted out on that fear (i.e., leading to anxiety, etc.)? What happened?
4. How do unbelief and a fear of the future relate?
5. How have you seen the Lord be faithful in the past?



CHAPTER 3

## FEAR OF OTHER WOMEN

1. How can and does comparison (real life or via social media) hinder Titus 2 ministry (or any ministry)?
2. What are the “Mommy Wars”? Have you seen it in your context? How are you fighting to combat it?
3. How can we learn to rejoice and enjoy our sisters who are gifted differently than we are?
4. How can encouragement help you fight this fear of other women?

## CHAPTER 4

# FEAR OF TRAGEDY

1. How can we be nearsighted, especially when fearing tragedy?
2. Have you ever found yourself imagining a scenario, conjuring up an event that hasn't happened? Why is this unhelpful?
3. God doesn't promise a life of ease, but He does provide biblical examples of His faithfulness. How was God faithful to Naomi and Ruth?
4. Is there ever a time for legitimate fears?
5. What are practical ways we can trust God with our future?



CHAPTER 5

## FEAR OF NOT MEASURING UP

1. Where are areas you simply believe you are failing at and not measuring up?
2. A few areas of universal struggle with a fear of not measuring up are included in the book. What are they? Would you add any?
3. What are some benefits you've seen from slowing down? How have you practically slowed down (i.e., unplugging from social media, etc.)?
4. How might self-sufficiency contribute to the pressure of measuring up?
5. As you think about the fear of not measuring up, what is the ground have you found yourself standing on? Is it on Christ or something different?

## FEAR OF PHYSICAL APPEARANCE

1. Simple question—do you battle body image issues? If so, how?
2. Pursuing exercise is not bad—we should train our bodies. How and when does it become something that isn't helpful?
3. Eating disorders and general struggles with body image aren't the same. How are they different?
4. What are practical steps to fighting the temptation to fear physical appearance?

## FEAR OF SEXUAL INTIMACY

1. Before we get to sexual intimacy specifically, how might you struggle with the fear of not being enough for your spouse in general?
2. Fear of sexual intimacy and fear of measuring up can go hand in hand. How do you see this?
3. How can you fight the fear of rejection, especially if you've fallen into previous sexual sin? How might you walk in the forgiveness available to you through Jesus?
4. If you've discovered sexual sin in your spouse's life, what are some steps you might be able to take? (Feel free to skip this question for group studies.)



CHAPTER 8

## WHY WE CAN TRUST GOD

1. Describe the difference between knowledge and wisdom.
2. What is God and how does knowing this help us trust Him?
3. How does the wisdom of God contribute to trusting God?
4. How does the love of God contribute to trusting God?
5. What does it mean that God is good? Do you believe this? How have you experienced His goodness?

## CHAPTER 9

# THE FEAR OF THE LORD

1. When we think of womanhood, we often go to the list of attributes of the Proverbs 31 woman. What is one main characteristic and theme we see from women of old?

2. What is the fear of the Lord?

## CHAPTER 10

# WHEN YOUR FEARS COME TRUE

1. In this chapter, I, along with women from various life experiences, share various trials and fears. Have you ever experienced a trial? Recount the ways you experienced the Lord's faithfulness through the trial.
2. Knowing God and His Word allows us to face our fears with faith. Why? How can you do this in practical ways?
3. How might you comfort with the comfort you've received?



CHAPTER 11

# GROWING IN THE FEAR OF THE LORD

1. What does it mean to you that God will finish the work that He began?
2. How does the mind (what we think and meditate on) affect fear and faith?
3. How does remembering God's promises in His Word help us fight the temptation to fear and instead grow in the fear of the Lord?
4. How does the gospel encourage us as we pursue growth in this area?