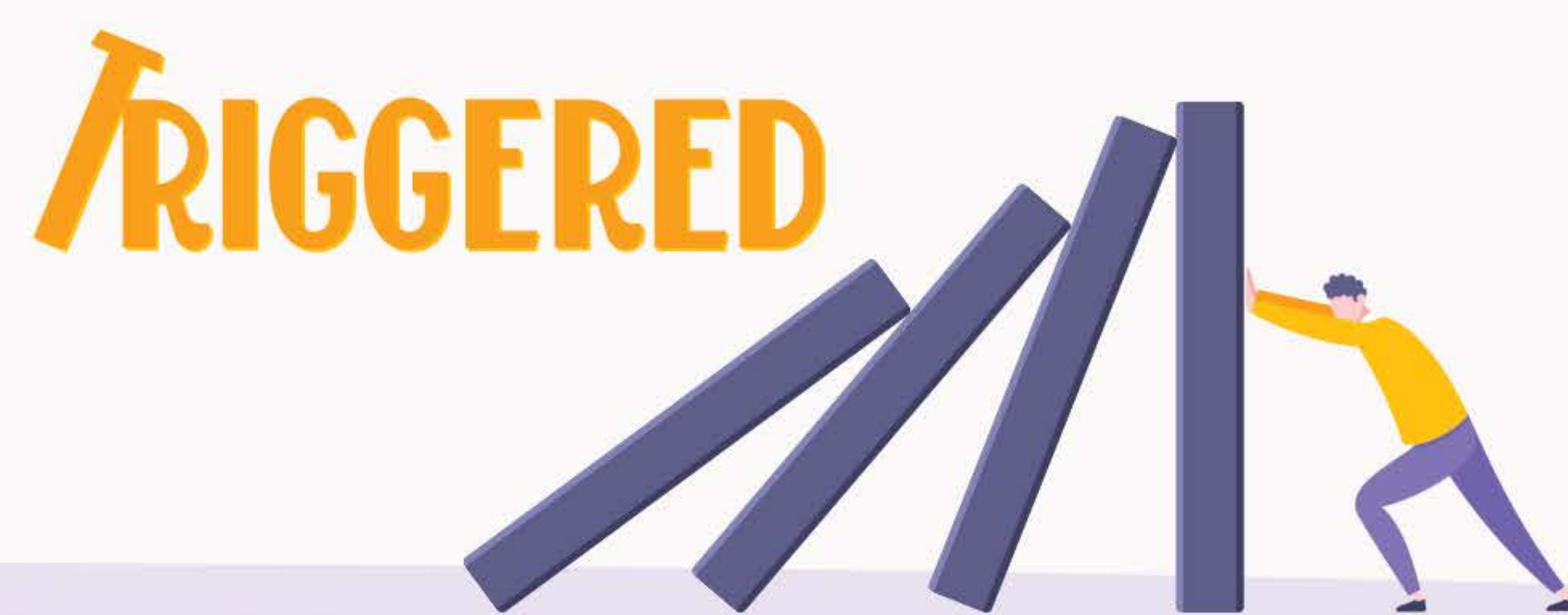


WK 3 - MAY 16 CONTROLLING FEAR

JOHN FULLER, SENIOR PASTOR



INTRODUCTION

In this third week of our *Triggered* series, Pastor John teaches on the subject of controlling fear. In this weekend's message, we're challenged to remember "Fear will always visit; you just can't let it move in."

DISCUSSION

1. Pastor John names three controlling fears – rejection, the unknown and failure. Which one of these is currently more of a struggle for you? Why do you think that might be?
2. With each highlighted fear, we miss God and something critical He's up to when we allow ourselves to be overcome by it. What's something in the recent past you've missed due to focusing on your fear?
3. When we are sidelined or held back by the fear of failure, we have to decide "Will I have a risky faith?" Tell about a time you stepped out in faith even amidst the realization that you might fail.
4. In what ways does fear of the unknown grip or paralyze you? How can trusting God's plan help lessen this fear?
5. One of the first steps to take when encountering a controlling fear is to recognize it exists and be constantly growing in God-awareness and self-awareness. Discuss how quick you are to typically recognize and admit your fear.

TAKE ACTION

1. This week, review the scriptures highlighted in the message: **2 Timothy 1:7** and **Romans 8:15**. Read them several times throughout the week, allowing them to soak in.
2. Memorize Psalm 56:3 "When I am afraid, I put my trust in you." Post it in places you'll often see it. Go an extra step and ask a family member or friend to memorize it with you.
3. Pastor John challenges us to "Pray in the pause" that fear often creates. If there's a fear you're currently battling, use this season to pray, seeking God's help and paying attention to what He's doing in your life.

RESOURCES

1. Listen to this [seven-episode mini-series podcast on fear](#) from Risen Motherhood.
2. Listen to the 23-minute "Fear must Fall" session in the *Goliath Must Fall* series by Louie Giglio on [RightNow Media](#). Similarly, in *Goliath Must Fall for Kids*, RightNow Media offers a five-minute session, also entitled "Fear Must Fall."
3. For Families and Kids: Listen to *Bibleman: Melting Master of Mean*, Session 3, "Dr. Fear's Almost Perfectly Disastrous Day" on [RightNow Media](#).