

Beating Fear
Romans 8:14-17

NEIL TRAINER
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NOTES

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Suggested Questions for Individual
Study or Group Discussion*



- When you were a child, what were some things that caused you to be anxious or made you afraid?
- *Read Romans 8:14-17.* According to Paul, what is the alternative to being a slave to fear?
- If what Paul says is true, why might we continue to experience fear?
- How can fear distort our perceptions of ourselves, of other people, and of God? What impact can this have?
- How is “the fear of the LORD” similar and different to other fears we experience? What is its role in the life of a disciple of Jesus (cf. Ex. 20:20; Dt. 6:13-15; Lk. 12:4-5; Jn. 14:27; 1 Jn. 4:18)?
- What form does fear most often take in your life: nervousness, insecurity, worry, anxiety, angst, terror, or something else? How does it affect the way you function throughout your day and how you relate to others?
- How can fear be an invitation to deeper trust in our “*Abba, Father*”? What would that look like for you and a fear you face?
- What are some practical ways we can draw upon God’s Spirit and address fear in our lives? Which of these will you experiment with this week? How can your small group or others pray for you and support you in this?