



WEEK 1: WHO'S DRIVING?

ICE BREAKER

WORSHIP

PRAYER

SERMON REWIND

Before sin, there was no shame, hiding, or fear, but when Adam and Eve disobeyed God, they became fearful, which caused them to hide from God. Later in Scripture, in **Exodus 14**, the people of Israel experienced such large moves of God that freed them from slavery, but just before God splits the Red Sea, they forget and complain because of their fear of Pharaoh's army. Fear distorts our reality, causing us to forget God's past work, resist God's future, and looking for someone else to blame. Distrust in God makes it easy for fear to take the driver seat and shape our decisions, affecting our relationships and ourselves. God's hope for us is to shift our attention away from the threat of fear and towards the hope in Him.

KEY VERSES

Look up theses additional verses:

Genesis 3:8-10 (NIV)

Exodus 14:10-14 (NIV)

DISCUSSION QUESTIONS

1 Fear Throughout History

From the very beginning of Scripture, fear led people to hide and take control instead of trusting God.

- a. Where do you tend to "hide," or run away to, when you feel afraid?
- b. What would it look like to bring that area into the open with God instead of managing it yourself?

2 Fear Can Blind Us

Israel had already seen God move in Egypt, but fear caused them to forget and panic.

- a. Why do you think it's so easy to forget what God has done when we're in a stressful moment?
- b. How does remembering God change our heart in a difficult situation?

3 Coming Back to God

Moses tries to shift their attention back on God, encouraging them by saying, *"Do not be afraid. Stand still and watch the Lord rescue you."* (**Exodus 14:10-14**)

- a. Who are individuals that have reminded you of God's faithfulness?
- b. What about their character or story encourages you to stay in and remember God?

4 Fear Is Not a Good Driver

Fear can push us to try and control outcomes, fix things quickly, or blame others.

- a. When have you let fear take control and it felt like life got messier?
- b. How did this affect the way you see God and treat the people around you?

5 At the Core

At the core, fear isn't just a feeling—it shapes decisions and direction.

- a. If you're honest, what has been driving your decisions lately—fear, pressure, control, or trust?

- b. What do you want to drive your life? Is it rooted in God or ourselves?

DIVE DEEPER

Reflection Questions: Fear tells a deeper story about what we believe about God and ourselves, but God wants to step into our lives and help us see through His eyes.

- What fear keeps showing up in your life, and what do you think it's trying to say or protect?
- What truth about God might challenge or replace that fear?

PRACTICAL APPLICATION

Who's Driving—Each day this week, write down:

- Identify one moment where fear showed up (stress, anxiety, control, avoidance)
- Ask: *"What was I afraid of in that moment?"* (even ask Jesus, He can clarify)
- Pray: *"God, what am I really afraid of underneath all of this?"*
- And/Or: *"God, what's true that I'm not seeing right now?"*

Ask the Holy Spirit to show up where you are scared, teaching you His truth, so it might heal you.

PRAYER/MINISTRY TIME

CLOSING SCRIPTURE

Exodus 14:13-14, *"Do not fear! Stand by and see the salvation of the Lord which He will accomplish for you today; for the Egyptians whom you have seen today, you will never see them again forever. The Lord will fight for you while you keep silent."*

Let the group rest in that promise as you close together in prayer.

NOTES

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