



WEEK 2: THE VOICE OF FEAR

ICE BREAKER

WORSHIP

PRAYER

SERMON REWIND

Fear rarely begins with circumstances. More often it begins with the lies we believe about God, ourselves, and the future. In the Sermon on the Mount, Jesus addresses anxiety directly, not by minimizing life's challenges but by exposing the faulty assumptions rooted from our fear. Jesus speaks to a group of people living under political oppression, economic uncertainty, and daily survival pressures. Yet He repeatedly invites them to examine the deeper beliefs that is causing them to worry. Fear tends to grow when we begin believing that our lives ultimately depend on our ability to control outcomes. Jesus directly challenges that belief.

KEY VERSES

Look up these additional verses:

Matthew 6:25-31 (NASB)

DISCUSSION QUESTIONS

1

Fear's Voice

Fear's voice tries to shake up our security about our current circumstance and our future.

- a. What does fear usually say to you when it comes to providing well or your future?
- b. How do those thoughts affect your emotions or decisions in everyday life?

2

The Burden of Control

Jesus challenges the idea that our lives depend entirely on our own effort.

- a. Where do you feel the most pressure to "hold things together" in your life?
- b. What would it look like to start loosening your grip in that area?

3

Adding Days to Your Life

Jesus asks, "*Who can add a day to their life by worrying?*" to people who are oppressed, struggling financially, and trying to uphold their reputation.

- a. Why do you think we still worry so much, even when we know it doesn't actually fix the anything?
- b. How has worry pulled you away from Jesus and drawn your focus solely on your need? What's the danger in doing that?

4

Lilies and Sparrows

Jesus talks about God providing for the birds and the flowers, then saying, how much more will our Father provide for you.

- a. Do you have a hard time believing that God will provide for you? Why or why not?
- b. What are some ways we can really know God's heart for us and our circumstance? Do you practice these?

Seek First the Kingdom

Matthew 6 ends with Jesus telling us to “seek first His Kingdom,” trusting God will provide for us.

- a. What do you think it actually looks like, practically, to seek God first throughout our week?
- b. What’s one small step you can take this week to choose trusting Him over worry?

DIVE DEEPER

Reflection Questions: Our fear of provision can reveal what we believe about God’s heart for us.

- What fear keeps coming back in your life when it comes to provision or the future?
- How can we start to move into trusting Him more than trusting the voice of fear?

PRACTICAL APPLICATION

Finding Truth Amid Fear—Each day this week, write down:

- Identify a moment where worry showed up.
- Ask: “What is fear telling me right now?”
- Then ask God: “God, what’s the truth?”

Ask the Holy Spirit to help you know and believe truth against any lies.

PRAYER/MINISTRY TIME

CLOSING SCRIPTURE

Matthew 6:33-34, “But seek first His kingdom and His righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow; for tomorrow will worry about itself. Each day has enough trouble of its own.”

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

NOTES

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