

# FEAR AND FAITH

## HANDOUT

### Session 2: Fear of the Future

#### REVIEW

What would your best friend say is your biggest fear about the future? Is there something in your life that hasn't come to pass yet? How have you processed that disappointment with friends? With God?

What unhelpful things have people said to you when you've faced your own unsteady future? In contrast, what were some really helpful responses?

Kelly has felt let down by God, and she's been angry that her life hasn't ended up how she envisioned it. How can expectations sometimes hurt us when we're faced with the reality of our lives?

Trillia talked about the danger of assuming the worst. How does assuming the worst hurt us? What benefit is there to anxiety in your life?

How do you think God wants us to deal with our unmet expectations?

**Psalm 13.** Psalm 13 expresses disappointment to God that He hasn't come to the psalmist's rescue yet. How does the psalm end?

What could be a healthy way to manage our expectations, knowing that God loves us and has our best in mind? What does it look like to trust God even when your life isn't as you'd hoped it would be?

Have you ever surrendered an unmet expectation to God in trust? How did you do it? What happened, or what is happening?

Trillia said, "we may not see the evidence of God's faithful hand until the end of our days, but we know it will be there...He is good, in control, and mindful of man. There is nothing outside of His control. No surprises are coming His way. He alone is above all, and He loves you deeply. As we fight the fear of the future, we cry out to the Lord, *I believe; help my unbelief!*" How does knowing that God sees you, right where you are in the midst of trials, help you change your perspective?

If you were Shannon's friend, how would you walk alongside her during her current pregnancy?

What kinds of things do you think are in our control? How are you at managing that control?

Romans 7:14-25. In what ways does this passage speak to your struggle with fear? What is our only hope in fear?

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## BIBLE EXPLORATION

**Genesis 18:12 and Ruth 1:20-21.** What kind of reactions do you see Sarah and Naomi have to God and His work in their lives? Whose story do you resonate more with, and why?

What ended up happening in the story of Abraham and Sarah?

How did God redeem the lives of Ruth and Naomi?

How do these stories reveal God's sovereignty and faithfulness?

What aspect of God's faithfulness is evident in each verse?

- Deuteronomy 32:4
- Psalm 86:15
- Romans 8:28
- 1 Corinthians 10:13
- 1 John 1:9
- Philippians 1:6
- Hebrews 13:5

Which verse is hardest to believe in your life today and why? Which one is maybe new for you to think about? (*Write down one of the Scriptures as a reminder to trust God as you face the future.*)

Write down some of your biggest fears as a fifteen year old. Did all your fifteen-year-old fears come true? Write down potential tragedies that you now fear may happen to you.

**Matthew 6:25-33.**

## DEEPER WALK

*Select at least one activity below to complete during the next week.*

- **Personal Action:** Every time you are tempted to fear the future, look at the Scripture you wrote down about God's faithfulness.
- **Reading:** Read chapters 2 & 4 from Trillia's book, *Fear and Faith*.
- **Mentoring:** Do something to intentionally encourage and serve a friend who is walking through extreme difficulties—take a meal, send a card, take her out to coffee, etc.
- **Conversation:** Ask a close friend or family member about a time when they feared their future. What did they learn? What would they change in the way they handled the situation?
- **Memorization:** Memorize Matthew 6:33 as a reminder to focus on God's kingdom and righteousness.
- **Pray:** Ask God to give you a new perspective about your fears, particularly your worries about the future. Actively give those worries to Him through prayer or prayer-journaling.