

MULTIPLYING DISCIPLES

Message Discussion Questions

Read 2 Timothy 1. **State Paul's main point** in 1:1-7 in your own words..

Explore the Text

1. Fear is powerful - both normal (healthy) fear and destructive (unhealthy, ungodly) fear. Share examples of both normal & destructive fears you have.
2. The fear of the Lord is healthy. Why? Discuss why sinful (destructive) fear is ultimately the result of sin. Give examples of this from your own life.
3. Read Romans 14:23b. How does this verse define sin? Give examples of this. God's solution to overcoming sinful fear is FAITH, us trusting Him. Why?

Truth to Live By

1. **The 'healthy fear of death' is overcome when we trust Jesus' death & resurrection as the only payment for our sins & God's way to give us LIFE.**
Read Heb. 2:14-15; Jn. 14:1-6. What am I trusting in to have eternal life? Ultimately, the worst thing that can happen is die & spend eternity in hell. Am I afraid of dying? If so, why? If not, why not? Share your faith story.
2. **Our response to a situation reveals whether our fear is healthy or sinful.**
Read Luke 8:22-25; 40-50; Matt. 6:25-32. What do these say about fear/faith? If we try to control a situation rather than trust Jesus in it, we'll experience anxiety and eventual fear. Why? How can you know if you're trusting Jesus? Do I usually try to live in control or in submission to (trusting) Jesus? Why?
3. **Saturating (soaking) our minds with God's Word helps us trust, not fear.**
Read Romans 12:1-2. What does it mean to renew your mind? How is it done? Read Phil. 4:8-9. Give examples of what we should & should not think on. Read 2 Cor. 10:4-5. Give an example of what it means to take a thought 'captive to the obedience of Christ', (submit it to Jesus). Am I saturating my mind with God's Word? If not, why not? How can I?
4. **The Holy Spirit lives in believers to enable us to overcome sinful fear.**
Read 2 Tim. 1:7. What has God not given believers? What has He given them? The Person of the Holy Spirit lives in every true believer in Jesus. Why?
Read Acts 1:8; Rom. 8:31b; Matt. 10:28. What does God's power do?
Power: how does the Spirit empower you to follow Jesus & not fear?
Read Rom. 5:5; 1 John 4:10,18. Why live FROM God's love not FOR it?
Love: how does the Spirit cause you to experience and share God's love?
Read Gal. 5:22-23. Why must the Spirit help us be 'self-controlled'?
Self-control: how does the Spirit help you to live from God's perspective?
5. **Being in our Father's Presence in prayer helps us not be sinfully fearful.**
Read Matt. 26:36-46; Phil. 4:6-7. How does praying help us avoid sinful fear? Share a time when spending time in prayer helped you overcome sinful fear.

Apply: What causes me to have sinful fear? How will I avoid sinful fear today?