



## Week 1: Fear to Courage

Life can cause us to focus on emotions like fear, worry, and disappointment. Left unchecked, those emotions can keep us from moving forward into the life God has for us. What we need to do is refocus.

### Discussion Questions

1. What are you most afraid of? Why?
2. How do you react when you are afraid? Share what happened the last time you were afraid.
3. Rahul said, "Fear is not the absence of faith. Fear is putting faith in the wrong thing." What are some things you are putting your faith in that is causing fear?

#### **Read 2 Corinthians 4:16–18 (NIV).**

4. What does it mean to fix our eyes on what is unseen?
5. How can your heavenly Father who is unseen give you courage to fight your fears?
6. What can you do this week to fix your eyes on your heavenly Father, so you can have courage to face your fear?

## Moving Forward

This week, ask yourself, "*What's my focus?*" And remind yourself of what King David said in Psalm 56:3: "When I am afraid, I put my trust in you."