

## **Agenda 1 – Unafraid by Adam Hamilton**

Part 1: Understanding and Countering Fear (Chapters 1-4)

Based on Unafraid Leader Guide, by Alex Joyner

- Welcome and greet one another
- Agree on confidentiality and to practice sacred listening as everyone shares their sacred stories, keeping in mind that we want to leave enough time for everyone to share.
- Gratitude Practice: Share (within 60 seconds) something you are each grateful for this past week.

### **Opening Prayer:**

God who calms the troubled waters, we bless you for your presence in the midst of our fears and trials. We release to you the things we hold too lightly and we trust your words of peace. Be among us in this session, may our souls and bodies be secure in you. Amen.

### **Questions:**

What are your hopes for this study?

Current State: Prevalence of worry anxiety and fear in our lives

Read First two paragraphs of Chapter 1

### **Questions:**

What are aspects of everyday life that make people fearful?

How can we address our fears, control them, and learn from them?

What tools do you already have to help you deal with fear?

Biblical Perspective on Fear

Numbers 13:32-33

32 So they gave out to the sons of Israel a bad report of the land which they had spied out, saying, "The land through which we have gone, in spying it out, is a land that devours its inhabitants; and all the people whom we saw in it are men of great size. 33 "There also we saw the Nephilim (the sons of Anak are part of the Nephilim); and we became like grasshoppers in our own sight, and so we were in their sight."

### **Questions:**

What are the fears that kept the people from entering the Promised Land?

Why do you think the people listened to ten pessimistic spies rather than the two spies that that assured them God was with them?

When have you seen a group paralyzed by risks and dangers?

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When have you been paralyzed by risks and dangers?

### **Define Faith**

Hebrews 11:1 "Faith is the reality of what we hope for, the proof of what we don't see"

Question:

In Chapter 3 Hamilton discusses one aspect of faith being trust and confidence that things will get better despite the circumstances.

How does this definition compare with Hebrews 11:1?

Consider the **FEAR** Acronym as a Tool for Confronting Fear:

**F**ace your fears with faith

**E**xamine your assumptions in light of the facts

**A**ttack your anxieties with action.

**R**elease your cares to God

### **Questions:**

What about the four steps seems unclear now? What more do you need to know?

Which of these steps seems most difficult?

### **Imagine your Own Thunder Shirt**

In the closing section of Chapter 4, Hamilton describes a vest called a Thunder Shirt that his family puts on their small dog, Maybelle When there are thunderstorms in the area.

### **Philippians 4:5b-7**

**Don't be anxious about anything; rather, bring up all your requests to God in your prayers and petitions along with giving thanks. Then the peace of God that exceeds all understanding will keep your hearts and minds safe in Christ Jesus.**

### **Questions:**

Do you have a physical reminder of God's presence and the call to prayer?

What are your take-aways?

How can we pray for you?

### **Closing Prayer**

God of peace, you know our fears before we speak. You know how fragile our faith is and how difficult our struggles are to trust you more. For faith like a mustard seed in a fearful world, we pray.

Amen