



Part 2  
Small Group Questions  
Week of October 6, 2019

**Icebreaker:**

*How would you answer this question: "If I wasn't afraid of \_\_\_\_\_ I would try it."*

**Discussion Questions:**

1. Review the 4 words that are foundational to any spiritual strategy to combat fear, worry and anxiety. Why they are so important?
2. Review what the Psalmist said in Psalm 56:3-4 when, in spite of what God commands, we become afraid or worried.
3. What were the 4 "trusts" Pastor Jim pointed to?  
Which ones do you feel you highly trust God in?  
Why is that?  
Which ones do you feel weaker in trusting God?  
Why is that?
4. Review what things build our trust in God.  
Is there one or two you find most effective for building your trust in God?
5. What did Pastor Jim add for those who struggle with mental health disorders?  
Do you think there is a stigma in the church toward those who suffer from mental health disorders?  
  
How can Christians be better advocates for mental health?