



FEAR 2 Timothy 1:7

CONNECT

1. Fear can be debilitating. Take a few minutes with those around you to process what fears you may find within your soul. What lies might be at the root of those fears?

CELEBRATE

2. 2 Corinthians 10:3–5 finds the Apostle Paul addressing the reality of spiritual strongholds in our lives. What does Paul mean when he uses the term “strongholds”? What is the primary means by which we dismantle these in our lives? See Colossians 3:1–4 for further insight.
3. The stronghold of fear can be defined as “being uneasy about a real or perceived threat.” How would you define fear? Developing Question 1 further, what are common fears that people have? Think especially about those “fears within” (2 Corinthians 7:5).
4. In what ways might you personally apply 2 Timothy 1:7 to your life today? How can the truth of that verse contribute to the dismantling of the stronghold of fear? Read 1 John 4:7–18 for further understanding, especially regarding how the gospel of Jesus Christ negates fear.

CONTRIBUTE

5. If someone you know is gripped by fear (consumed with real or perceived threats that are getting the best of them), how can you come alongside and help them find freedom?
6. For help to dismantle spiritual strongholds in your life, see the available resources at newhopechurchmn.org/strongholds.