

# Shaking Off Fear

## Family Discussion

# Survey your family ... rank how fearful is each of the following.

- Health problems
- Monsters under the bed
- Loneliness
- School tests
- Bad (loud) thunderstorms
- Bullies at school or work
- Financial stress
- Other \_\_\_\_\_



**Psalm 91:1-2, 5, 6 (NLT2) Those who live in the shelter of the Most High will find rest in the shadow of the Almighty. This I declare about the LORD: He alone is my refuge, my place of safety; he is my God, and I trust him. ... Do not be afraid of the terrors of the night, nor the arrow that flies in the day. Do not dread the disease that stalks in darkness, nor the disaster that strikes at midday.**

# Pray for one another

- ① Ask God to help each person claim these promises and trust God when any of these (or other) fears strike
- ① Pray for people you know who are confronted by any of those issues.
- ① Thank God for His power, His authority to act, and His love for us, even in the midst of a fearful situation.