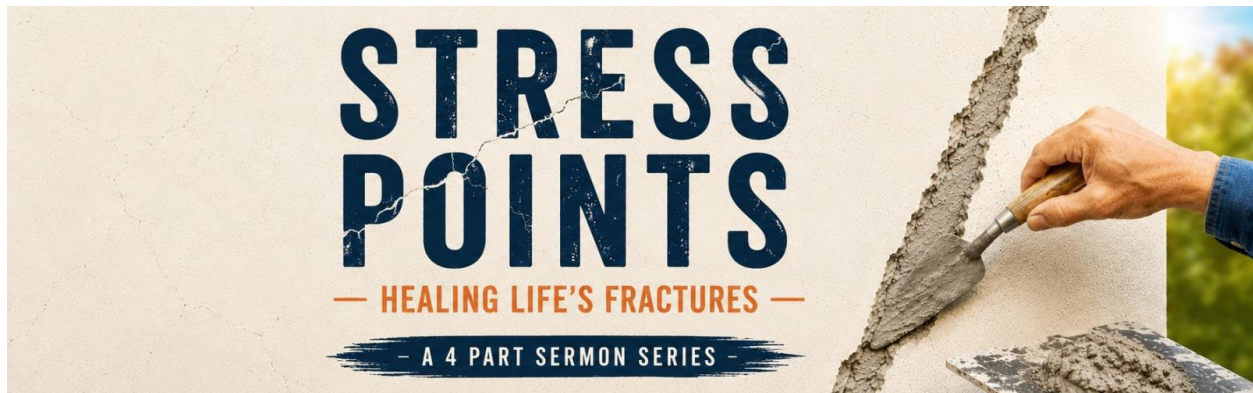




Group Guide

Week Three // Fear & Doubt: Trusting God in Uncertainty

Scripture Focus

II Timothy 1:6-7 & I John 4:16-19

Big Idea

Fear and doubt are part of the human experience, especially when life feels uncertain and things seem out of our control. While fear often causes us to retreat or lose hope, God calls us to live with courage rooted in His presence. As we grow in our understanding of God's perfect love, we discover that faith becomes stronger than fear and trust becomes greater than uncertainty.

Read Together

Invite someone in the group to read II Timothy 1:6-7 and I John 4:16-19 aloud. Encourage everyone to listen for what these passages teach about the relationship between God's love, fear, and faith.

Setting the Scene

A difficult diagnosis, an unexpected job change, financial pressures, broken relationships, or unanswered prayers can all leave us paralyzed and wondering what comes next. In those moments, it can often feel like we're alone, that the future is out of our control, or that God has somehow forgotten us. However, even faithful followers of Jesus experience seasons of doubt and discomfort. God has given us examples of men and women all throughout Scripture who wrestled with uncertainty yet still learned to trust God. The presence of doubt does not mean the absence of faith, but instead God often uses uncertainty to deepen our dependence on Him.

Paul reminds Timothy that God has not given us a spirit of fear, but one of power, love, and self-discipline. Likewise, John reminds us that as we grow in God's perfect love, fear begins to lose its grip. Our confidence doesn't come from knowing exactly what tomorrow holds, but from knowing the One who holds tomorrow.

Digging Deeper

Paul wrote II Timothy near the end of his life while imprisoned for his faith. Timothy was leading the church during a difficult and uncertain time, facing opposition, discouragement, and the temptation to fall back to doing what was comfortable. Paul's encouragement to Timothy wasn't to become fearless through his own strength, but to rely on the Holy Spirit who empowers believers with courage, love, and sound judgment.

In I John 4, John approaches fear from another perspective. He teaches that fear loses its power when we fully understand God's love. Fear focuses on what might happen; however, God's love reminds us of who is with us no matter what happens.

Neither Paul nor John promises a life free from uncertainty and fear. Instead, they point believers toward a God whose presence remains constant in every circumstance. When we remember God's faithfulness in the past and trust His character in the present, we find the courage to move forward even when we cannot see the entire path.

Group Discussion

Getting Started

- Why do you think uncertainty often creates fear?
- Can you think of a time when God proved faithful even though you couldn't see how things would work out?

Digging Into Scripture

- According to II Timothy 1:7, what has God given us instead of a spirit of fear? Why is that important for us to recognize?

- What do you think it means to live with power, love, and self-discipline in difficult circumstances?
- According to I John 4:18, why does perfect love drive out fear?
- How are fear and trust connected?

Personal Reflection

Take a few moments for quiet reflection before discussing.

- What uncertainty are you facing right now?
- What truth about God's character do you most need to remember today?
- What would trusting God look like in your current situation?

Looking Forward

Faith doesn't require having every answer. It simply requires taking the next step of obedience while trusting God with what we cannot control. This week, when fear begins to surface:

- Pause.
- Remember God's faithfulness.
- Pray honestly.
- Choose one step of faith instead of one step of fear.

Individual Application

This week, read II Timothy 1:6-7 and I John 4:16-19 each day. Ask God to reveal any fears that have quietly taken root in your heart. When anxious or doubtful thoughts arise, replace them by thanking God for His promises and remembering specific ways He has been faithful in your life.

Consider taking one intentional step this week that requires trusting God instead of giving in to fear.

At the end of each day, ask yourself:

- What fear did I choose to surrender to God today?
- Where did I see God's faithfulness in the middle of uncertainty?
- What step of faith did I take instead of giving in to fear?

Consider memorizing:

II Timothy 1:7

"For God has not given us a spirit of fear, but one of power, love, and sound judgment."

Closing Prayer

Close your group by thanking God for His constant presence in every season of uncertainty. Pray that He would replace fear with faith, doubt with confidence, and anxiety with peace. Ask the Holy Spirit to remind each person of God's unfailing love and faithfulness, giving them courage to trust Him even when the future is unclear. Amen.