

This group is meant to facilitate discussion and meaningful conversations. The information below is derived from this week's outline.

Weekly Discussion Theme: Questioning Our Fears

- **Leader shares:** Overcoming fear starts with recognizing the kind that holds us back. There is a natural sense of caution that helps us stay safe, but what drains us is the fear rooted in imagined outcomes and worst-case scenarios. This kind of fear pulls us out of the present, wastes our energy, and chips away at our confidence. Over time, it can lead to self-sabotage and keep us stuck. But when we pause, get grounded, and challenge those thoughts, we start to see more clearly. That shift allows us to release what's not real and move forward with greater peace and courage.

Group shares: Have you ever felt like fear stopped you from doing your best in the moment?

- **Acknowledge:** THANK YOU for sharing!

Verses: Joshua 1:9 (NIV): *"Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."*

Scriptural Application: This verse is not only for big life-changing moments but also for the everyday situations where fear quietly shows up and makes us doubt ourselves, question our worth, or hesitate to take action. It can make us shrink back, overthink, or miss opportunities meant to grow us. God's message is clear. He is with us even when we feel nervous or uncertain about what might happen. Courage does not mean we never feel afraid. It means we move forward anyway, trusting that we are not alone. Strength often shows up in small steps taken with faith and a heart willing to believe that God is walking with us.

Group shares: What does it mean to you to be strong and courageous in the moment when fear shows up?

- **Acknowledge:** THANK YOU for sharing!

10 Ways to Pull Yourself Back When Fear Creeps In

1. Take a deep breath and focus on it for a few seconds.
2. Say something true out loud like "God is with me" or "This fear isn't fact."
3. Whisper a short prayer asking God for peace and strength.
4. Name exactly what you're feeling to take away some of its power.
5. Shift your focus to something you can control right now.
6. Think of three things you're grateful for in this moment.
7. Look around and name things you can see, touch, hear, and feel.
8. Remember a time you faced fear and got through it.
9. Talk to someone who helps you feel safe and grounded.
10. Get up and move. Take a short walk or stretch to release tension.

Group Shares: Which of these stands out to you the most, and is there anything you would add?

Acknowledge: THANK YOU for sharing!

Leader shares: Fear isn't always easy to spot. It can slip in through hesitation, self-doubt, perfectionism, or the pressure to control every outcome. Without even realizing it, we can let fear shape our choices and hold us back. But we have the power to interrupt that pattern. By noticing how fear shows up, we create space to respond with intention instead of reacting out of habit. We don't need to feel completely fearless to move forward. We just need to take one step, trusting that God is with us and that progress often begins with something small and brave.

- **Leader shares:** An email will be sent shortly containing today's outline, along with a request to share resources discussed today. Additionally, you'll find essential links for joining the group, as well as links to join our Facebook group or follow us on social media to stay connected.
- **Closing:** As we close our group meeting, I encourage everyone to share anything else in your hearts and minds or to ask for prayer requests.
- **Stay connected:** imperfectpaths.com

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