

Fear Not

"Fear Not" -- Small Group Discussion Guide

Based on the sermon by Pastor Mirek Hufton

1. SERMON RECAP

In this powerful message, I shared that fear is not part of our born-again nature -- it is something the enemy tries to put on us from the outside. I walked us through how Jesus destroyed the devil's power to keep God's people in bondage to fear, and how the law of the spirit of life in Christ Jesus operates through faith, not fear. The great news is that because we are new creations in Christ, we are designed and equipped to live fearlessly by feeding on God's Word and speaking faith out of our mouths.

2. KEY SCRIPTURE

Hebrews 2:14-15 (NKJV)

"Inasmuch then as the children have partaken of flesh and blood, He Himself likewise shared in the same, that through death He might destroy him who had the power of death, that is, the devil, and release those who through fear of death were all their lifetime subject to bondage."

3. ICE BREAKER

What is something that used to frighten you as a child that no longer scares you today -- and what changed?

4. DISCUSSION QUESTIONS

1. Getting into the Word

In the sermon, I said that fear is "foreign to your spirit man" once you are born again. How does that land with you personally? Does it change the way you think about fearful thoughts when they show up?

2. Digging Deeper

Read 1 John 1:9 together. I talked about how sin and guilt create a "pushing away" feeling in our spirit that opens a door to fear. Have you ever noticed that connection in your own life -- between guilt and a growing sense of fear or anxiety? What does this verse tell us we can do about it?

3. Faith vs. Fear

I described two opposing spiritual laws -- the law of sin and death, which operates through fear, and the law

of the spirit of life, which operates through faith. In practical everyday life, what does it actually look like to choose faith over fear when a scary situation hits -- a bad diagnosis, financial pressure, a difficult relationship?

4. Getting Honest

Read James 4:7 together. I said that one of the greatest ways we resist the devil is by resisting fear itself. Why do you think it can be so hard to actually speak to fear and command it to go? What makes that feel awkward or difficult for some people?

5. Stories of Faith

I shared those stories of Lester Sumrall and Smith Wigglesworth living with absolutely no fear in the face of demonic opposition. What strikes you most about those accounts? What would need to change in your own faith life to carry that kind of quiet, fearless confidence?

6. Bringing It Home

I read from Isaiah 54:14 -- "In righteousness you shall be established; you shall be far from oppression, for you shall not fear." What does it mean to you personally that freedom from fear is connected to being established in righteousness? How does knowing who you are in Christ make a difference in the fears you face right now?

5. APPLICATION CHALLENGE

This week, identify one specific fear or worry that keeps coming back to your mind -- whether it is about your health, finances, family, or the future. Write it down, then every day for seven days, speak these words out loud over it:

"Fear, I resist you in Jesus' name. I plead the blood of Jesus over my mind. God has not given me a spirit of fear. I choose faith. The Lord is my helper -- I will not fear."

Keep a simple note in your phone or journal about what you notice shifting as the week goes on, and be ready to share what happened with your group next time.

6. PRAYER POINTS

- Pray for freedom from specific fears that group members are carrying right now -- name them if people feel comfortable, and bring them openly before the Father who loves us.
 - Pray for the Word to go deep -- that the scriptures from this sermon would get rooted in every heart so deeply that when fear comes knocking, faith rises up automatically.
 - Pray for boldness -- that each person in this group would grow in the quiet, unshakeable confidence of knowing that Jesus has already destroyed the enemy's power, and that they can live and walk in that victory every single day.
-

7. MEMORY VERSE

1 John 5:4 (NKJV)

"For whatever is born of God overcomes the world. And this is the victory that has overcome the world -- our faith."

Thank you for leading your group this week. You are making a difference -- keep going!