

No Fear in Love

No Fear in Love

SMALL GROUP DISCUSSION GUIDE

Based on the sermon by Pastor Mirek Hufton

1. SERMON RECAP

In this message, I walked us through what I believe is one of the most important truths we can carry in anxious, pressure-filled times -- that perfect love casts out fear. I showed us from 1 John 4:17-19 and Psalm 91 that when we set our love upon God, obey His command to love others, and anchor ourselves in His Word, the grip of fear loses its power. The key is shifting our focus outward -- toward God and toward people -- because love is always other-centred, and that's exactly where fear cannot follow.

2. KEY SCRIPTURE

Romans 5:5 (NKJV)

"Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us."

3. ICE BREAKER

Think of a time when someone's calm, steady presence helped you stop feeling afraid -- maybe a parent, a friend, or even a stranger. What was it about them that brought you comfort? Share with the group!

4. DISCUSSION QUESTIONS

1. Pastor Mirek described fear as a spiritual force -- not just an emotion -- that Satan uses to drain the life out of people.

Do you agree that fear operates on a deeper level than just feelings? Can you think of a time when fear felt like something more than just worry or anxiety?

2. Romans 5:5 tells us that God's love has already been poured into our hearts by the Holy Spirit.

If that's true -- if love is already in us -- why do you think fear still manages to get such a strong foothold in our lives? What tends to open the door to it?

3. I talked about how walking in love -- toward God and toward other people -- naturally shifts your focus away from yourself, and that this shift is one of the most powerful weapons against fear.

What does that look like practically in your daily life? Is it easy or hard to stay outward-focused when you're personally under pressure?

4. Pastor Mirek used the picture of a mother hen spreading her wings to protect her chicks from a circling hawk.

How does that image speak to you personally? What does it look like for you to "run under the wings" of God when fear starts circling?

5. 1 John 4:18 says that "fear involves torment" and that a person who fears "has not been made perfect in love." Pastor Mirek connected this to feelings of condemnation, guilt, and a sense that God might not really be there for us.

Have you ever experienced fear that was really rooted in feeling distant from God or unsure of His love for you? How did you find your way back to assurance?

6. Philippians 4:8 challenges us to deliberately fill our minds with what is true, noble, pure, lovely, and of good report -- especially when bad news is loud and constant.

What are some specific, practical habits that help you guard what you're meditating on? What makes this hardest for you right now?

5. APPLICATION CHALLENGE

This week, choose one person in your life who is visibly anxious or overwhelmed right now -- a neighbour, a coworker, a family member, or someone from our church community. Reach out to them with a specific, practical act of love: drop off a meal, send a handwritten note with an encouraging scripture, make a phone call just to listen, or offer to help with something concrete. As you do it, pray Psalm 91:14 over yourself: "Because he has set his love upon Me, therefore I will deliver him." Notice how loving outwardly affects your own level of fear throughout the week, and be ready to share what you experienced with the group next time.

6. PRAYER POINTS

- For freedom from fear and torment: Pray specifically for any group member who has named a fear during discussion -- that the Holy Spirit would flood them with the tangible love of God and that anxiety would be replaced with boldness and peace.

- For those on the front lines: Pray for doctors, nurses, first responders, and caregivers in our community who are under extreme pressure -- that God would assign His angels over them, sustain them physically and emotionally, and use our church to be a practical expression of His love to them.

- For our church family to walk in love: Pray that we would keep our eyes outward -- toward God and toward people -- and that our congregation would be known in our community during this season as people who love fearlessly and give generously.

7. MEMORY VERSE

1 John 4:18 (NKJV)

"There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love."

Leader's Note: Don't rush the discussion -- sometimes the most important conversations happen when you slow down and let people be honest about where they're really struggling. It's okay to sit with a question for a while. Your job isn't to have all the answers; it's to create a safe space where people can encounter God's love together.