



Soundtracks, Week 5

Identifying and replacing negative soundtracks can go a long way in supporting your mental health and changing your life.

Conversation Starter: *Have some fun as you break the ice.*

- Share a time when fear got the better of you.
- What is an irrational fear you have?

Key Scriptures: *Let God's word frame the conversation. Take a minute to read this selected passage together as a Group.*

- *Proverbs 9:10; John 8:44; 1 Peter 5:8*

Discussion Questions: *Pick a few questions below to guide your time.*

Starting Sharing: *Choose a question or two to create openness.*

- What was a no-fear mantra from your generation?
- Do you tend to fight or freeze when confronted with a scary situation or circumstance?
- How have you experienced the reality that emotions love themselves?

Start Thinking: *Choose a question or two to think critically about the subject.*

- How can fear be both helpful and hurtful?
- What makes analyzing fear difficult in the moment?
- Why does fear lose its potency knowing Jesus goes before us?

Make it Personal: *Choose a question or two to help you identify your best next step.*

- Is there a type of fear that surfaces more prominently than others in your life?
- How has "fearing"- respecting his design for life helped you avoid heartache and regret?
- In what ways are you avoiding your fears to a detriment?

Next Steps: *Everybody has a next step. Check out some ideas below to help you grow by doing.*

- **Recognize:** Look for the lies that hold you hostage.
- **Remove:** Choose what you think about and cut-off sources that feed negativity.
- **Replace:** Find and repeat truth from God's word. If you don't know any verses do a quick google search!

Prayer: *Invite God to do what only He can do!*

Heavenly Father, thank you for going before us as a roaring lion. We realize that there is plenty to fear in this life, but because you drew near and took our place, we don't have to live captive to our fears. Instead, help us be captivated by your love and presence. Amen.