

## **Discipleship Guide**

### **Faith Overcoming Fear: The Roots of Fear**

**Focus:** Fear often begins in how we see the world and how we see ourselves. It can distort reality, shrink our identity, and keep us from moving forward. This week, we explore how fear takes root and how faith helps us see clearly again. As we learn to trust God more deeply, we begin to move forward with courage instead of retreating in fear.

#### **Day 1: Seeing Clearly**

**Scripture:** *Numbers 13:27–28 (CEB)*

Then they gave their report: “We entered the land to which you sent us. It’s actually full of milk and honey, and this is its fruit. There are, however, powerful people who live in the land. The cities have huge fortifications. And we even saw the descendants of the Anakites there.

#### **Reflection:**

The spies saw the same land, but not the same reality. Fear caused them to focus on what could go wrong instead of what God had already promised. Fear does not always lie, but it rarely tells the whole truth. Faith helps us see clearly again.

#### **Questions:**

What situation are you viewing mostly through fear right now?

What truth about God might you be overlooking in that situation?

What is one step you can take this week to shift your focus from fear to truth?

#### **Prayer:**

God, help me to see clearly. Show me where fear is shaping my perspective more than truth. Amen.

#### **Day 2: Remembering Who You Are**

**Scripture:** *Numbers 13:33 (CEB)*

We saw there the Nephilim (the descendants of Anak come from the Nephilim). We saw ourselves as grasshoppers, and that’s how we appeared to them.”

#### **Reflection:**

“We felt like grasshoppers.” Fear reshaped their identity. When we forget who we are, we begin to live smaller than God created us to live. Our identity is not defined by fear but by God’s calling and presence.

**Questions:**

Where have you been seeing yourself as “less than”?

How might God be calling you to see yourself differently?

What is one practical way you can live this week as someone who is secure in who God created you to be?

**Prayer:**

God, remind me who I am. Help me to live from Your truth instead of my fear. Amen.

**Day 3: Trusting God’s Presence**

**Scripture:** *Psalm 46:1 (CEB)*

God is our refuge and strength, a help always near in times of great trouble.

**Reflection:**

Fear grows when we feel alone. Faith grows when we remember that God is near. God does not remove every challenge, but God is present in every challenge. That changes everything.

**Questions:**

Where do you need to be reminded that God is with you?

How does God’s presence change how you face your fears?

What is one way you can intentionally remind yourself each day this week that God is near?

**Prayer:**

God, You are my refuge and strength. Help me trust that You are near in every situation. Amen.

**Day 4: Called By Name**

**Scripture:** *1 John 4:18 (CEB)*

There is no fear in love, but perfect love drives out fear, because fear expects punishment. The person who is afraid has not been made perfect in love.

**Reflection:**

Perfect love casts out fear. Fear loses its power when we trust in God’s love. Faith is not about eliminating fear. It is about choosing trust in the middle of it.

**Questions:**

What fear feels strongest in your life right now?

What would it look like to trust God’s love in that place?

What is one action you can take this week that reflects trust in God instead of fear?

**Prayer:**

God of love, help me to trust You more than my fear. Let Your love guide my steps. Amen.

## **Day 5: Taking the Next Step**

**Scripture:** *Genesis 12:1 (CEB)*

The Lord said to Abram, "Leave your land, your family, and your father's household for the land that I will show you.

### **Reflection:**

Abram did not have all the answers. He simply took the next step. Faith is not about knowing everything. It is about trusting enough to move forward.

### **Questions:**

What is one step you feel called to take right now?

What fear is trying to stop you from taking it?

What is one small, specific action you will take this week to move forward in faith?

### **Prayer:**

God, give me the courage to take the next step. Help me to trust You even when I do not see the full path. Amen.

### **Closing Prayer:**

God of faithfulness, You see the fears I carry. You know how they shape my thoughts and hold me back. Teach me to trust You more than my fear. Help me to see clearly, to remember who I am, and to move forward with courage. Let my life be guided not by fear, but by faith in You. In Christ's name, Amen.