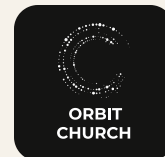


What Are You Afraid Of?

2026-03-08 • PASTOR MATT ROSE



Genesis 3:10

FOR THE LEADER

These questions help you run the conversation. They are not your study. Get into the passage yourself first, because your group needs what God taught you, not just a list of questions. These also lean on Sunday's message, so a few will not land for anyone who missed it. Watch it before you lead.

WHAT THE MESSAGE WAS ABOUT

Pastor Matt started his sermon on fear in an unexpected place: fear is good. God built it into us, a physical response that protects us, firing before our reasoning even engages. The problem is never that we fear. The problem is what we aim it at. He contrasted two cycles. Fear aimed at created things, the news, the economy, other people, produces withdrawal and conspiracy. Fear aimed at God produces witness. Isaiah said it plainly: do not dread what everyone else dreads. Regard the Lord as holy. The answer is not to stop fearing. It is to fear rightly.

To get started

- What were you afraid of as a child that seems harmless now?

Looking back at the message

He said fear is good before he said anything else. Do not skip that half.

- 1 Pastor Matt said fear is God-given and good. Was that how you expected a sermon on fear to start?
- 2 Pastor Matt pointed out that every generation has believed its own crisis was the end of the world. Does that history comfort you or not?
- 3 Fear aimed at created things produces withdrawal, while fear aimed at God produces witness. Where have you seen the withdrawal side, in yourself or around you? OPTIONAL

Looking at the passage

Read Genesis 3:8-10 and Isaiah 8:12-13 aloud, in that order.

- 4 Read Genesis 3:10. What reason does Adam give for hiding, and what does that first recorded fear reveal?
- 5 Read Isaiah 8:12-13. What does God tell the people not to dread, and what does he tell them to do instead?
- 6 Notice the instruction is to regard the Lord as holy, not to stop being afraid. Why does that distinction matter?
- 7 We hid from God, and instead of withdrawing from us, he came to us in Jesus. What does that pattern say about how God handles fear? OPTIONAL

Bringing it home

Anxiety is not the same as sin. Keep that clear if it comes up.

- 8 What are you most tempted to dread these days?
- 9 Pastor Matt said the fear cycle starts before your reasoning ever engages. Does naming it as a body response change anything about how you handle it?
- 10 In your own words, what does fearing God actually look like in a normal week?
- 11 Where has fear made you smaller instead of more careful? OPTIONAL

The group together

He wanted a church that witnesses rather than withdraws. That is the group question.

- 12 Pastor Matt said he wants a church that witnesses God's power rather than withdrawing from new things. What would that look like here?
- 13 How do we tell the difference between wise caution and fear dressed up as wisdom?
- 14 Who in this group might be carrying a fear they have not named out loud? OPTIONAL

BEFORE YOU FINISH

What are you dreading right now, and what would change if you brought it to God before anyone else?

You might pray about

- For those whose fear has become the loudest voice
- For fear rightly aimed rather than fear removed
- For courage to move toward what we would rather avoid
- For a church that engages rather than retreats