



Espresso Shot

1824 DISCUSSION QUESTIONS**GROUP PREP**

In preparation for group, [watch Emmanuel's weekend service message](#), then answer the following discussion questions.

CHECK-IN TIME

This weekend [April 8&9] is Easter weekend. Use your check in time to talk about what service your group members are attending, who they are inviting, and if they have jumped on the Impact Team to serve. Head to eclife.org or [contact your campus staff](#) with any questions you have about Easter.

GROUP DISCUSSION QUESTIONS

Fear is an unpleasant emotion caused by the anticipation of pain, danger, or a threat. 97% of our fear comes to nothing. Yet, we can find ourselves crippled by fear daily. We have to remember God's presence and rely on his protection every day to overcome fear.

1. What is an irrational fear you have?
2. When you look a little deeper, what is a soul-level fear that you carry with you?
3. Fear is based on anticipation of something bad happening. [Read Matthew 14:29-31](#). Peter did not sink until he began to anticipate the danger associated with the wind and the waves. This distracted him and he lost sight of Jesus. How does your fear keep you from remembering God's presence? If able, share an example with the group of a time fear clouded your view of God.
4. God's presence does not change, but we do. It is in our acknowledgment of that reality, we begin to understand our need to practice RPMs: Reading, Prayer, and Memorizing Scripture.

Which of these three has the most opportunity for growth in your life? Which do you feel most confident in?

How does the amount of time you spend with God impact your ability to manage your fear?



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5. We were never created to live a life driven by fear. [2 Timothy 1:7](#). What change needs to begin in your life this week for you to overcome fear in your life?

ACTION STEP

Choose one of the following or create your own. Consider finding an accountability partner within your group to walk alongside you this week.

- **Surrender and Pray:** Make space every day to be honest with God about the places you experience fear. Allow yourself to hand those fears over.
- **Read a book:** Consider [Get Out of Your Head by Jennie Allen](#), [Life Without Lack by Dallas Willard](#), or [Winning the War in Your Mind by Craig Groeschel](#).
- **Memorize Scripture:** Meditate on and/or memorize scripture. Consider one of these verses/passages: [Psalms 23](#), [Psalm 91](#), [2 Timothy 1:7](#), [Psalm 27](#).
- **Get Accountable:** Find a friend, share the changes you are going to make, and allow them space to hold you accountable to those changes.
- **Daily time with God:** Determine the type of routine you'd like to have that allows you to spend time learning about what pleases God. Here are some ways to do this:
 - [Download the Emmanuel app](#) and read the One Year New Testament daily.
 - If you recently placed your faith in Christ and texted SAVED to 65248, read the devotional provided in your starter kit.

PRAYER

Ask your group to share two things:

- Prayer requests for themselves and the people in their lives.
- Ask for reasons to praise God. It is great to come to God in thanksgiving for all He has done.

Keep note of the burdens in people's lives and notice when God moves in those areas specifically. We believe God will see prayers become praise, and it is an opportunity to increase our faith when we are in the position to bring that to light.

GROUP SERVING OPPORTUNITIES

One of the best ways for your group to grow closer to each other and to God is by serving others. You can find a list of Group Serving Opportunities at eclife.org/groupsresources.

For further questions contact outreach@eclife.org.

UPCOMING EVENTS

Easter + Baptism Weekend | April 8-9

You can find more information on all of these events at eclife.org.