

## Proverbs 12:25

<sup>25</sup> Anxiety in a man's heart weighs him down,  
but a good word makes him glad.

## Proverbs 29:25

<sup>22</sup> The fear of man lays a snare,  
but whoever trusts in the LORD is safe.

## Proverbs 3:5

<sup>5</sup> Trust in the LORD with all your heart,  
and do not lean on your own understanding.

**Don't Worry: Be Afraid**

Proverbs 12:25, 29:25; 3:5

Todd Chapman - November 15, 2020

**Our fear of circumstances and people makes life miserable.**

**Our fear of circumstances and people is rooted in our not having control.**

**Our fear of not having control reveals how much we trust God.**

**Our fear of God will diminish our fear of everything and everyone else.**

## Notes:

## ***Life Group Discussion Questions*** **Based on Proverbs 12:25; 29:25, 3:5**

### **Getting Started**

1. Would you describe yourself as more of an anxious or optimistic type of person? Why?
2. What things or situations tend to cause you to worry?

### **Digging into the Text**

3. Read Proverbs 12:25 and 29:25 and respond to these questions:
  - How would you summarize what each of these verses mean?
  - Based on 12:25, explain how anxiety weighs someone down while good words help to cheer up.
  - If someone is anxious in heart, what might it communicate about their faith and what he/she values most?
  - In 29:25, how does fearing people lead to being trapped? In what ways does trusting the Lord lead to safety?

### **Applying It to My Life**

4. What is currently filling your thoughts and bringing you some anxiety this week (work, relationships, health, etc.)? In what ways are you allowing this situation to steal your peace and joy?
5. What is a step you can take this week to surrender this situation to the Lord and trust Him to provide and protect?
6. How can the group be praying for you as we all seek to trust Jesus more fully and rest in His goodness, no matter what happens in our lives?