

## Session #2 – The 4 Cs of Fear

*“God has not given us a spirit of fear, but of power, love, and self control.” II Timothy 1:7*

1. Are there any of these characteristics of fear that you can relate to? How?
2. 2 Timothy 1:7 "*God has not given us a spirit of fear, but of power, love, and self control*". Which of these antidotes to fear gives you the most consolation?
3. Ask yourself, “What would I do if I wasn’t afraid. What would be different if you had the freedom and energy to live without fear controlling you?”
4. Can you think of a time that your fear made a problem or situation much bigger/more worrisome than it turned out to be?
5. Can you think of a time when you sought God during a time of fear? What was the result?