



Study Guide, Episode 92—How to Overcome Fear through Love, Power & a Sound Mind

1 & 2 Timothy, Titus, Philemon

00:00-09:34	"QOTW: How do I overcome fear with love, power, and a sound mind?"
09:35-30:30	"God gives us 'Power, Love, a Sound Mind'"
30:31-43:35	"Satan gives us fear to prevent good"
43:36-END	"Fear vs. a warning; 'Be an example of the believers'"

- 1) What are your current fears? What do they "tell" you? How do they feel? What helps you overcome them? What doesn't help?
- 2) When you read 2 Timothy 1:7-8, what do you feel? What do you think? How do you see that God doesn't give you fear, in your life? How have you experienced the love, power, and sound mind that God gives? How might you better tune into and use these gifts of God to overcome fear?
- 3) "Fear doesn't prevent bad; it prevents good." How have you experienced this principle in your life? What helps you remember this is true? What helps you work on overcoming the fear, or "feel the fear and do it anyway"?
- 4) How have you seen love replace fear in your life? How might you work to cultivate greater love when you feel afraid? What might this do for you? For others? Write about this in your journal, and then discuss with your family or a friends this week.
- 5) What does it mean to you to be a "partaker of the afflictions of" the gospel of Jesus Christ? How have you experienced persecution, judgment, or afflictions because of your religion, faith, or beliefs? What did you do? What might you do in the future?
- 6) How are you currently striving to "be an example of the believers"? What is one way you might improve in how you're being an example to others? Discuss being an example with your children, family, or friends this week.
- 7) Do you have a meditation practice? Why or why not? What does it look like for you to ponder and meditate upon God's Word? What is one thing you can do this week to create a habit of meditation and pondering The Word of God?

Resources

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