



THEME OF THE MONTH

Fearless

Living Life Unafraid (Fearless vs. Fearful)

1. Undisturbed by distress, apprehension or alarm
2. Without undue concern or anxiety
3. The act of living unafraid
4. Boldness in the midst of impending danger or pain

Why is it Important to be Fearless?

“What I always feared has happened to me. What I dreaded has come true.”

Job 3:25 NLT

“Fear gripped me, and my bones trembled.”

Job 4:14 NLT

“Why are you afraid? Do you still have no faith (boldness/confidence)?”

Mark 4:40 NLT

“But all who listen to me will live in peace, untroubled by fear of harm.”

Proverbs 2:5 NLT

How Do We Live a Fearless Life?

1. We understand fear is a choice, and we can choose to be unafraid.
2. We recognize fear's paralyzing effects are harmful.
3. We focus on the solution, not the problem we are facing.
4. We train ourselves to be victors over fear, not victims of fear.
5. We train to be bold and confident, even in the midst of trouble.



MAT CHAT TALKING POINTS

1. What is fear? How does fear impact our lives?
2. If fear is a choice, how do I choose “not” to be afraid?
3. What did Job mean when he said, “What I always feared happened to me.”?
4. What are some of the debilitating effects of fear? Is fear contagious?
5. Why is focusing on the solution, not the problem, so important?
6. How did you overcome a fear in your own life? Was it easy or hard?
7. How can we live life unafraid?
8. What is the difference between a victor and a victim when it comes to fear?
9. How do peace, boldness and confidence combat fear?
10. When is fear a healthy thing?

Talking Points:

Fearlessness is Fundamental: Living a life free of fear is important to success. We all face situations that are potentially scary or fearful in life, but if we cannot move past the fear to accomplish what is before us, we will never be successful at anything of significance.

Fearlessness requires Commitment: Overcoming fear is a process by which we train ourselves not to move past the negative emotions and feelings that accompany being afraid. We make a conscious decision to “act” or “do” and each time we do this, fear’s grip on our lives diminishes.

Fearlessness requires Integrity: We have to be honest about what is causing dread, anxiety or fear in our lives before we can conquer it. To say “I’m not afraid” when you really are is not being honest and you cannot build success upon a lie. Admit you are afraid, face your fear, and then (and only then) can you overcome it.

Fearlessness promotes Success: People who are fearless are not afraid to take on the big things in life. They have a “don’t quit” attitude and boldly pursue the best that life has to offer. Confidence and peace are the norm for those who live a life of fearlessness, as they focus on achieving their best and choose to focus on the solution, not the problem...being a victor, and not a victim, of their circumstances.