

# Study Guide

FEAR

*Laurie Polich Short*



# FEAR

## Video and Study Guide instructions

You may think that if we are afraid, it's a sign that we shouldn't do something. But what if stepping out with our fear is part of what conquers it? In this video, Laurie digs into three passages that give us some fresh insights on fear—and you will discover how fear can be used by God to ignite our spiritual journey.

You can do this video study individually or with a group, online or in person. The study can be done in three parts, or all at once. Laurie's teaching includes insights from three different passages, and the video can be paused in between passages, or watched completely through. Use the video in whatever way suits you or your group.

There are ten questions on the next page, and they are grouped under each section of the video. Use all the questions or pick and choose the ones you want to use, and feel free to alter or add any to suit your group. This study is for you to use however you want to use it.

My prayer is that this study on Fear will be a blessing to you. Please feel free to email if you have any questions!

Laurie Short  
([lauriepshort@gmail.com](mailto:lauriepshort@gmail.com))

### **Exodus 3- Moses**

1. How has your fear kept you from stepping out in faith? Is there anything you haven't done that God was nudging you to do because you were afraid?

2. Is there any fear that you are struggling with now that Moses' story can help you with? What insights did Laurie share that stood out to you most?

3. Have you ever asked God for a sign to give you courage to move ahead? What was the outcome? How does knowing the sign may come after you step out affect the way you think about responding to what God is calling you to do?

### **Numbers 11- Spies**

4. Has your fear ever caused you to stay stuck in a situation that you knew was not the best for you? If so, what happened? Has your fear ever caused you to stay stuck in complacency?

5. When you are encountering something unknown or scary that God calls you to, do you trust God or get sidetracked by your circumstances? How does the story of the spies speak to you?

6. How big of a role does fear play in your decision making? Where does your fear stem from? What steps can you take to lessen the role of fear in your life?

### **Judges 6-7-Gideon**

7. What is an area of fear or insecurity in your life? Can you imagine God using that fear and insecurity to show his glory? What would that look like?

8. Does knowing that God sees who we can become- not who we are- make you feel more confident? In what ways do you relate to Gideon?

9. Where in your life can you start moving ahead with your fear and trusting God? If trust is built by stepping out, where could you step out now?

*(Use the next page to write your reflections on the final takeaway and note different perspectives of others in your group)*

### **Final Takeaway:**

10. Which of the three passages/stories speaks to you most in your current situation? What is your takeaway from this study on fear?