

# NO FEAR

## 2. In the Valley

This session is a little different, coming off the back of an interview, rather than a conventional preach. If enough people missed seeing Rachel live it would be worthwhile just playing the video and discussing it afterwards.

Otherwise, use these questions to help unpack some of what Rachel shared.

- What two or three things struck you most about Rachel's story and the way she told it? What did you find most impressive?

*When I am afraid, I put my trust in you. In God, whose word I praise – in God I trust and am not afraid. Psalm 56.3-4*

- Have you cultivated an ability to trust God when confronted with fear – or do you tend to give in to fear, anxiety and worry?
- What does it mean to praise God's word? Do you value reading and meditating on Scripture so it becomes a source of strength?
- Rachel had obviously developed her 'secret history with God' and her network of praying Christian friends *before* she met this time of testing and crisis. In her own words, she knew too much of God to really doubt Him. Would you be able to respond in the same way in a similar situation? Have you developed a strong enough relationship with God and others, or are you vulnerable to fear?

*You will keep in perfect peace those whose minds are steadfast, because they trust in you. Isaiah 26.3*

- How do we keep our minds steadfast and trust in God? What does that look like in practice? What things pull our focus away from God and what can we do about it?
- Rachel said she would sometimes allow herself time to be upset and frightened, then pull herself together and put her trust in God. How does this inspire you? Have you ever had a similar experience?
- What's your biggest take home from Rachel's story?

Pray in smaller groups for each other. Confess your fears, anxieties and worries to each other and ask that God would give you the ability to keep your mind on Him and to lean into His word in times of fear.

Pray for unchurched friends struggling with these issues. Pray that God would use you to bring comfort, inspiration and good news.