

Unafraid by Adam Hamilton, Study Guide  
(adapted from Adam Hamilton's Leader Guide)

Video Series Link: <http://bit.ly/unafraidamplify>

Kindle eBook: <http://bit.ly/unafraidkndl>

Kindle Leader Guide: <http://bit.ly/unafraidldr>

Kindle Youth Guide: <http://bit.ly/unafraidyouthldr>

Children's Leader Book: <http://bit.ly/unafraidchildrenbook>

Video 1

- Scripture: Isaiah 41:10
- Opening Prayer: Almighty God, in the midst of our anxiety, uncertainty, fear, and trials, thank you for being with us. We give you thanks for your gift of life, for your love, and for your grace. Help us to let go of the things to which we cling too much. Help us to cling to you instead. Be with us this day as we study together. Amen.
- This video introduces Adam Hamilton, Carlos, Ginger, and Marie, people who face fears just like each of us. Then, we hear from Dr. David Zald, a neuroscientist, who talks about how our brains experience fear.
- Video: <http://bit.ly/unafraidvideo1>
- Discussion questions (after video)
  - What are the fears expressed by the three people at the beginning of the video?
    - How have these fears been a part of your own life?
  - How does the faith of these three people help them confront fear?
  - Why does Dr. Zald say that fear "clearly is a gift"?
  - What are some of the ways Dr. Zald suggests for treating anxiety and worry?
- What parts of life make people fearful?
  - When has fear kept you safe?
  - When has fear kept you from living well?
- Read Nehemiah 13:32-33
  - What were the fears that kept the people from entering the Promised Land?
- Read Hebrews 11:1
  - What does this definition of faith tell us about the nature of faith?
  - Can you create an "action plan" to overcome your fears with faith?

- Read Philippians 4:5b-7
  - What promises are contained here?
  - What advice does Paul offer?
- Have you experienced any spiritual practices (reading Scripture, prayer, singing Hymns or worship songs, mediation, etc.) as being calming?
- Is there a physical object or visual reminder (a bracelet, cross on the wall, picture, etc.) of God's presence in your life that you can look to in times of fear?
  - If not, what could you find or create? Where would you put it?
- Closing prayer: God, you are the bringer of all peace. Give us trust in you. Help us to build our faith in you, that our faith may overcome fear. Help us to overcome our fears, that our fears may not overcome our faith or our lives. Let our world not fall into fear and despair, but strive for hope. Amen.