

# WEST RIDGE GROUPS

## Group Member Discussion Guide

Week of August 31, 2025

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### CHECK-IN (~20 minutes)

How was your week? What was the high part of your week? What was the low part of your week? What can we celebrate together?

### MESSAGE SUMMARY

This week, Pastor Brian continued our *Mind Field* teaching series with a message on fear. Drawing from Exodus 14, Pastor Brian taught that fear is one of the enemy's most powerful landmines, distorting our view of God, ourselves, and our future. While healthy fear can protect us, unhealthy fear enslaves us — making us skeptical, selfish, stagnant, and short-sighted. However, God calls us to disarm fear by acknowledging it before Him, fixing our eyes on His power, and moving forward in faith even when we still feel afraid. Because of Christ's perfect love, which casts out fear, we can walk in freedom and trust that the Lord fights for us.

### GROUP DISCUSSION (~50 minutes)

1. Thinking back to the message this week, was there anything that challenged you personally? Share your thoughts with the group.

2. Read Exodus 14:10–14

Fear often distorts our view of God, making Him seem smaller than our problems. How have you seen fear cloud your faith in God's power?

3. Read 2 Timothy 1:7

The Israelites wanted to return to slavery because fear made the familiar seem safer than freedom. In what areas of your life has fear tempted you to stay stuck instead of moving forward in faith?

4. Read Romans 12:2

In his message, Pastor Brian reminded us to capture, question, and replace fearful thoughts. What lies about yourself or your future do you need to confront with God's truth?

5. Read 1 John 4:18; Romans 8:38–39

Scripture promises that God's perfect love drives out fear. How does resting in His love help you take bold steps of faith in your daily life?

## **WRAP-UP (~10 minutes)**

It is important to be growing in our relationship with Jesus and one another - what is one next step you can take this week to grow? Share with the group and commit to holding one another accountable.

*What does it look like to hold each other accountable?* It can be as simple as a text or phone call during the week. Hebrews 10:25 encourages us to meet regularly and to encourage one another on a regular basis.

*Example:* "Hey \_\_\_\_\_, you indicated in group this week that you were struggling at work with being light in a dark place. You said that your next step was to start a conversation with someone at work this week around the topic of faith. How did that go?"

## **PERSONAL NOTES**

This week, my next step is:

This week I am going to check in on (name):

This week, my Bible reading will be (e.g. Philippians chapters 1-4):