

LifeGroup Shepherd Guide

October 31st and Nov 2nd 2025 – Battlefield of Your Mind – Fear
This guide is designed to give helpful hints in preparing for your group discussion.

Quick Review

Look back from your sermon notes – Was there anything that particularly challenged you from this sermon? Anything you didn't understand, agree with or connect with?

Introduction

Pastor Jeff described different “phobias” that are present in our culture. What’s something that has made you afraid recently—big or small? How did you respond? When you face something unknown, what tends to shape your response more—facts, feelings, or faith?

Digging In

Question 1: Read Numbers 13:17-33. In this story, we see Moses sent spies in to the land of Canaan to scope out what the land was like and what the people are like. By the end of chapter 13, we hear that they get a “report” back from ten of the spies and a different report from Joshua and Caleb. We see that the people lose their focus and perspective! What about fear makes it contagious to other people for it to spread? How does fear distort our perspective of God’s promise and power?

Question 2: Read Numbers 14:1-3. We see how the people respond once they get this report! They begin to lose faith and grumble to God! How does fear often lead to rebellion towards God? How has fear led you to unbelief and not trusting in the Lord? In **verse 3**, the people even start accusing God of leading them to their death! How have you seen this happen in your own life where fear makes you think irrational things? What about when you focus on the problem so much, you discredit God for the things he has done in the past?

Question 3: Read Number 14:13-19. Moses prays an incredible prayer to the Lord to intercede for the people who have forgotten all the things the Lord had already done for them. The people of God had forgotten all the faithfulness the Lord had shown to them. Why do you think it is so important for us to look back at all the Lord has done on our behalf, like Moses does before the Lord? How quickly are you to forget things God has done for you in the past? How has fear played into that forgetfulness? What helps you remember what God has already done for you — personally or as part of His people?

Question 4: Read Numbers 14:24. By the end of the story, we see that Caleb is seen by the Lord for trusting Him when the rest of the people did not. In **verse 24** it says that Caleb had a “different” spirit and followed the Lord fully. What would it look like for you think week to have a “different” spirit in how you viewed what God is doing in your life? This word can be translated as “courage, patience or vigor”

Praise / Prayer Requests

Pray for your group with these things in mind:

Adoration – How can I praise God for what this teaches me?

Confession – What sin can I confess because of what this teaches me?

Thanksgiving – How can I thank God for what Jesus has done?

Supplication – What do I need to ask of God in order to grow in light of this?