Group Discussion:

CONNECT RELATIONALLY (roughly 25% of your meeting time)

- Share Highs & Lows from the week / Share prayer needs & practice prayer together / Split into sub-groups (e.g. men / women) to share
- (Ice breaker question) *What's one of your phobias? Maybe share a serious one and a ridiculous one.*

GROW SPIRITUALLY (roughly 50% of your meeting time)

- *As a group, read Luke 1:5-25.*
- *What are some of the background fears or anxieties that have risen up in your life recently? What threatens to occupy your mind or your heart right now?*
- *Why do you think Zechariah was so afraid when he saw the angel in the temple? What do you imagine was going through his mind?*
- *Why does the phrase "Fear not" feel unsatisfying or "easier said than done?" At the same time, by contrast, what makes it the most powerful phrase we need to hear sometimes?*
- *Why do you think Zechariah being unable to speak (and perhaps unable to hear) for months an appropriate or fitting consequence?*
- *Read the end of the story in Luke 1:57-66. Do you think they had no reason to ever fear again? How did this story reinforce their faith and enable them to continue trusting God moving forward?*
- *Pray together for increased trust in God, particular over the specific areas of fear or anxiety in your life. Truly give it over to Him. Read Matthew 11:28-30 for additional support.*

LIVE MISSIONALLY (roughly 25% of your meeting time)

- Scriptural reminder of God's missional heart – Matthew 28:18-20
- Ask for any stories of BLESS steps that have happened recently. Celebrate anything shared.
- Ask people to update their FRANCES list of people that may be far from God. Who has God brought back up on your minds & hearts recently? Where do you see new potential opportunities?
- Ask people to consider and commit to 1-3 practical BLESS steps that they might accomplish in the upcoming season (week / month). What do you plan to do? How / when will you ensure it happens?
- Pray over specific names or steps that were shared.