

The Walk from Fear to Faith Suggested Discussion Guide

The following guide is designed for groups that meet for about 1½ hours or less.

GENERAL SUGGESTIONS FOR LEADING THIS STUDY:

- Start the study time within 5 minutes of your scheduled beginning even if all are not there yet. Ask a general get-acquainted question that might be related to the study that day or just to help them get to know one another. But do not let this take too much time. For example, Lesson 4 is about Rahab who had all her family in her house for about 2 weeks. So, I asked the ladies, “What is the greatest number of people you have fed at one time in your house?” That turned out to be a fun question.
- Then, pray and get started on the study.
- Always read the Bible verses as directed in the book whether they have done the study at home or not. I asked specific women to read them as we got there. That saves time.
- You can read the question aloud as written in the study and give them time to answer, or let the one who read the Bible verses also read and answer the questions that follow.
- Choose ahead of time the explanation paragraphs you will read. I called on specific women to read the chosen paragraphs. That prevents awkward silence and wasted time if you are time-crunched.
- Discuss the “Faith in Action” teaching sessions (podcasts). Tell them how to find the podcasts (melanienewton.com/podcasts or any podcast platform—search “Satisfied” by Melanie Newton, Season 1). Or you can read the blogs associated with the podcasts at melanienewton.com/blog. Choose OT Women category then scroll to find the title you want. Pull out any specific bits that you want to make sure they understand and know. I give my suggestions in this guide.
- Consider ending with a worship song. You can find most of them on YouTube with lyrics. Look for the shortest version.
- If you are doing an online study, you can play that song through Zoom. Have it already open and ready to play before you start Bible Study. Click screen share, choose the video on your computer, check both boxes at the bottom, then click share. Mute everyone including yourself! Time delays do not make for good harmony. :)

INTRODUCTION

If you choose to have an introductory session before Lesson One, this is a suggested format. Otherwise, go to the next page.

Get acquainted with each other. Ask a general question or two such as, “Share your name, where you live, and one item you have that came from an ancestor.”

Start with prayer. Ask the Holy Spirit to teach you what He wants you to know in this study.

Introduce the study

- Ask if anyone does not want to read aloud and remember not to call on those people to read.
- Is anyone new to the Bible? Look at pages 1-2 “Bible Basics.” Read through the “Old Testament Summary.”
- Walk through the “Elements of Each Lesson” section (page 3), looking at lesson 2 for an example. Each lesson in this study covers the lives of 1-2 women. Tell them they can find the podcasts on any podcast provider but especially on my website at melanienewton.com/fear-to-faith.
- Go over “Small Group Discussion Guidelines” (page 4).
- Ask for any questions.

The Walk from Fear to Faith (pages 5-7)

- Take turns reading through this section.
- Remind them to listen to the first podcast as an introduction to the whole study. Then, work through Lesson 1 for next time.
- Close in prayer and a worship song.

Recommendation: Listen to a worship song such as “Whom Shall I Fear” by Chris Tomlin, which fits very well with this study.

LESSON 1: GOT FEAR? TRUST YOUR GOD

Always read the Bible verses as directed in the book whether they have done the study at home or not. Ask specific women to read them as you get there. Choose ahead of time the explanation paragraphs to be read aloud as you proceed through the discussion. My suggestions are below.

Start with prayer. Ask someone to read the Bible verse at top of page 9.

The Gift of Fear

Page 9

- Reader: First 2 paragraphs.
- Reader: Next 2 paragraphs. Ask: Have you experienced such panic?
- Read or skip the last paragraph which is my story.

Page 10

- Ask question at top of page and read the two paragraphs below it.
- Reader: Read Psalm 56:3-4. Ask which phrases they underlined.
- You read the last paragraphs on this page and top of next page.

Trusting a Faithful God

Page 11

- Reader: Quote and paragraph that follows.
- Reader: 1 Peter 3:3-6 and answer the question.
- Reader: Two paragraphs that follow question.
- Reader: "Gentle = Controlled strength" section

Page 12

- Reader: "Quiet = Tranquility from within" section
- You ask the 2 questions at the bottom of the page. Let several give answers.

Page 13

- Reader: Quote at top of page and the three choices.
- Reader: The next paragraph and the three choices.
- Reader: "Choose to not give way to fear" paragraph. What is definition of fear?
- You ask question at bottom of the page.

Page 14

- Reader: top paragraph and question that follows.
- You read the two paragraphs that follow.

Choosing Faith

- Reader: Two paragraphs below heading.
- Reader: Hebrews 11:1 and question. Ask for other translations of this verse.

Page 14

- Reader: Hebrews 11:6, question, and paragraph that follows.
- 3 Readers for the 3 verses and answer the same question for each.
- Reader: Hebrews 11:35, question, and paragraph that follows.

Connecting with Old Testament Women

- Readers: Two paragraphs each.
- Ask two questions of whole group. You read the paragraph that follows.

- Reader: Paragraphs at bottom of page 16, top of page 17.

The Walk from Fear to Faith

Page 17

- Readers: Read the verse and answer the question for each.
- You ask question “What might be holding you back?”
- Reader: Quote at bottom of page.

Journal Your Faith Story

Page 18

- Read question and open up for anyone to share.

Embrace 4 Truths Essential to Faith podcast

Pages 19-20

- What grabbed their attention from the podcast teaching? Highlight what you want them to know. I suggest you have them take turns reading through it all, skipping the reading of the Bible verses unless you have plenty of time.
- Say the 4 truths together.
- Ask “Reflect” question.
- Pray. Use prayer prompts on p. 20 and remember needs already expressed.

Recommendation: Listen to a worship song such as “Whom Shall I Fear” by Chris Tomlin, which fits very well with this study.

LESSON 2: GOD IS BIGGER THAN YOUR WEAKNESSES

Always read the Bible verses as directed in the book whether they have done the study at home or not. Ask specific women to read them as you get there. Choose ahead of time the explanation paragraphs to be read aloud as you proceed through the discussion. My suggestions are below.

Get acquainted: Ask, "What is one area of weakness for you?"

Start with prayer. Read verse for lesson at the top of the page.

Page 21

A Little Bit of History

- Readers: Each take 2 paragraphs through top of page 22.

Page 22

Moving from home

- You read paragraph that follows.
- Reader: Genesis 11:29-12:5 and answer the question. Ask for others to add their answers.
- Reader: paragraph below question.
- You ask "How are you at encouraging...?"
- Reader: Genesis 12:10-20 and two paragraphs that follow.

Page 23

- Reader: Answer first two questions.
- You ask "What might have been...?"
- Reader: Take next question about Abraham failing to protect Sarah.

11 years later

- Reader: Paragraph at bottom of page.

Page 24

- Reader: Genesis 16:1-6 and answer question. Read paragraph below it.
- Reader: Next two questions.

13 years later

- Reader: Paragraph then Genesis 17:15-19 and answer question.

Page 25

- Reader: Genesis 18:1-15. Answer the first question.
- Reader: Answer next two questions and read the paragraph that follows.
- Reader: Answer "what confirmation" question and read quote below it.
- You ask the question below the quote.
- Reader: take last question at bottom of page and first question at top of the next page.

Page 26

- You read the paragraph after the top question.

1 year later

- Reader: Genesis 21:1-7 and first two questions.
- Reader: Take last two questions on this page.

Page 27

- Reader: Answer question at top of page and read paragraph below it.

3 years later

- Reader: Genesis 21:8-13 and answer first two questions.
- Reader: Answer next two questions and read paragraph below them.

Page 28

- Reader: paragraph at top of page.

The Walk from Fear to Faith

- Skip the two questions to save time to talk about the teaching section.
- Reader: Read first paragraph.
- You read next paragraph. Say 4 truths together.

Page 29

Journal Your Faith Story

- Ask if anyone wants to share their answer to the question.

Press on Beyond Any Weakness

Pages 30-33

- What grabbed their attention from the podcast teaching? Highlight what you want them to know. I had my group read through most of it except repeating the 4 truths.
- Reader: Philippians 3:12-14.
- You read the “Reflect” questions.
- Pray. Use prayer prompts and remember needs already expressed.

Recommendation: Listen to a worship song such as “Lord, I Need You” by Chris Tomlin, which fits very well with this lesson.

LESSON 3: GOD IS STRONGER THAN YOUR ENEMIES

Always read the Bible verses as directed in the book whether they have done the study at home or not. Ask specific women to read them as you get there. Choose ahead of time the explanation paragraphs to be read aloud as you proceed through the discussion. My suggestions are below.

Get acquainted: Ask, "How do you serve or have served in your church?"

Start with prayer.

Page 35

- Read verse for lesson at the top of the page.

A Little Bit of History

- Readers: 3 readers each read 1 paragraph.

Miriam's Childhood

Page 36

- Reader: Numbers 26:59, paragraph, and answer question.
- Reader: Exodus 1:15-22 and answer 2 questions.
- Reader: Exodus 2:1-10 and 2 questions at bottom of page.

Page 37

- Reader: Answer first question at top of page.
- Reader: Answer next two questions.
- Reader: Hebrews 11:23-28 and question.
- You read paragraph that follows and ask question at the bottom of the page.

Page 38

- Skip quote.

Miriam ~80 years later

- Reader: Paragraph, Micah 6:4 and question that follows.
- You read the next paragraph. I broke up the next long passage to read only certain verses.
- Reader: Exodus 14. Read verses 10, 13-16, 19-20. Answer how God showed His faithfulness in those verses.
- Reader: Exodus 14. Verses 21-22, 26-28, 30-31. Answer question how God showed His faithfulness in those verses.
- Point out that their response (verse 31) was faith in Him.
- Reader: Exodus 15:18-21 and answer question.

Page 39

- Reader: Answer question at top of page and read 2 paragraphs that follow.

About 2 years later

- Reader: Numbers 12:1-3 and answer first question.
- Reader: Numbers 12:4-10 and answer next two questions.

Page 40

- Reader: Numbers 12:11-15 and answer 2 questions.
- Reader: Paragraph after questions and the next question about her banishment.
- You read paragraph after that.
- Reader: Hebrews 13:17 and answer question.

Page 41

- Discuss paragraph at top of page.

The Walk from Fear to Faith

- Skip the questions to save time.
- Read paragraph.
- You read next paragraph. Say 4 truths together.

Page 42

- Read paragraph and let anyone share answer to question.

Faith in Action

Pages 43-44

- What grabbed their attention from the podcast teaching? Highlight what you want them to know. I had the group read through everything. Point out the copy of this tool at the end of the book
- Ask if anyone worked through the “Reflect” question.
- Pray. Use prayer prompts and remember needs already expressed.

Recommendation: Listen to a worship song such as “Be unto Your Name,” which fits very well with this lesson.

LESSON 4: GOD IS GOOD IN THE WAITING

Always read the Bible verses as directed in the book whether they have done the study at home or not. Ask specific women to read them as you get there. Choose ahead of time the explanation paragraphs to be read aloud as you proceed through the discussion. My suggestions are below.

Get acquainted: Ask what is the greatest number of people they have fed in their home at one time.

Start with prayer.

Page 45

- Read verse for lesson at the top of the page.

A Little Bit of History

- Reader: Both paragraphs.
- Reader: Deuteronomy 4:32-35 and answer question.
- Reader: Deuteronomy 2:24-25 and answer question.

Page 46

Getting to know Rahab

- Reader: Joshua 1:1-11 and answer 2 questions.
- You read paragraph about melting in fear.
- Reader: Next paragraph about archeology of Jericho and answer the question that follows.
- Ask for other answers to that question then read paragraph at the bottom of the page.

Page 47

- Reader: Answer 2 questions at top of page.
- Reader: Paragraph and next question.
- Reader: Joshua 2:12-21 and answer 2 questions.

Page 48

- Reader: Answer 2 questions at top of page.
- Reader: 2 paragraphs in middle of page.
- Reader: Joshua 6:1-5 only then answer first question.
- Reader: Answer next 2 questions without reading the verses unless you have time.

Page 49

- Reader: Paragraph at top of page. Ask for other answers.
- Next paragraph: Talk about who was with her and how hard that might have been.
- Reader: 2 paragraphs beginning with "Did you consider...?"
- Reader: Joshua 6:17, 22-25 and answer question.
- Reader: paragraph at bottom of page.

Page 50

- Reader: Matthew 1:5 and answer question.
- Reader: Hebrews 11:30-31, answer question, and read paragraph that follows.
- Reader: James 2:25 and answer question. Note: Jews believed in two ways of being righteous or justified. One was to be righteous before God by faith. The other was to be righteous before people in the community by your good works.
- Reader: 2 paragraphs at bottom of the page.

Page 51

- You read paragraph and ask question to group.

The Walk from Fear to Faith

- Skip the two questions to save time to talk about the teaching section.
- Reader: Read first paragraph.
- You read next paragraph. Say 4 truths together.

Journal Your Faith Story

- Reader: Two paragraphs.
- Ask question.

Trust God's Goodness

Pages 53-54

- What grabbed their attention from the podcast teaching? Highlight what you want them to know. I had the group take turns reading through it all except for the 4 truths.
- Ask "Reflect" question.
- Pray. Use prayer prompts and remember needs already expressed.

Recommendation: Listen to a worship song such as "Whom Shall I Fear," which fits very well with this lesson.

LESSON 5: GOD'S RICHES MEET YOUR NEEDS

Always read the Bible verses as directed in the book whether they have done the study at home or not. Ask specific women to read them as you get there. Choose ahead of time the explanation paragraphs to be read aloud as you proceed through the discussion. My suggestions are below.

Get acquainted: Ask them how God provides money to meet their needs.

Start with prayer.

Page 55

Read verse for lesson at the top of the page.

A Little Bit of History

- Reader: First paragraph.
- Reader: 2 paragraphs at bottom of page.

Page 56

- Ask question at the top of the page.

Getting to know the widow of Zarephath

- You read paragraph.
- Reader: 1 Kings 17:1-7. Ask how God provided for Elijah.
- Reader: 1 Kings 17:8-12 and first 2 questions.
- Ask for other answers to second question.
- Reader: 1 Kings 17:13-16 and 2 questions at bottom of page.

Page 57

- Reader: Answer 2 questions at top of page
- You highlight what is in the paragraph after the questions.
- Reader: 1 Kings 17:17-24 and answer 2 questions.
- Reader: Read paragraph and answer question at bottom.

Page 58

- Reader: Answer question at top of page.
- Ask for other answers. Read paragraph that follows.

Getting to know the prophet's widow

- Reader: paragraph under heading.
- Reader: 2 Kings 4:1-7 and read paragraph that follows.
- Reader: answer 2 questions at bottom of page.
- Page 59
- Reader: Answer first 2 questions
- Reader: Answer third question and read paragraph.
- Reader: Answer next 2 questions.
- Ask for other answers to either question.
- Reader: Answer question at bottom of the page.
- Ask for other answers to that question.

Page 60

- Reader: paragraph at top of the page.

The Walk from Fear to Faith

- Skip the two questions to save time to talk about the teaching section.
- Reader: Read first paragraph.
- Say 4 truths together.

Journal Your Faith Walk

Page 61

- Reader: Read words to song.
- Ask if anyone has an experience to share.

Recognize God's Provision

Pages 62-64

- What grabbed their attention from the podcast teaching? I had our group read Lesson 1 and the bullet points under that. We read all of Lesson 2. I had someone read Lesson 3 heading and the bullet points under that. I read Lesson 4 and the paragraph that followed.
- Ask "Reflect" question.
- Pray. Use prayer prompts and remember needs already expressed.

Recommendation: Listen to a worship song such as "Blessed Be the Name of the Lord," which fits very well with this lesson.

LESSON 6: TRUSTING GOD? TELL IT!

Always read the Bible verses as directed in the book whether they have done the study at home or not. Ask specific women to read them as you get there. Choose ahead of time the explanation paragraphs to be read aloud as you proceed through the discussion. My suggestions are below.

Start with prayer.

Page 65

- Read verses for lesson at the top of the page.

A Little Bit of History

- Reader: Paragraph.

Getting to know the Shunammite

- Reader: 2 Kings 4:8-10, paragraph, and answer question at bottom of page and first one at top of next page.

Page 66

- Reader: 2 Kings 4:11-17. Answer next 2 question. "How did...? And "What need...?"
- Reader: Answer next question and read paragraph that follows.
- You read share question and let anyone respond.

Page 67

About 5 or more years later

- Reader: 2 Kings 4:18-24 and first 2 questions.
- Reader: 2 Kings 4:25-37 and answer next 3 questions.
- Ask for any other answers to those questions.
- Reader: Paragraph at bottom of page to top of next page.

Page 68

At least 7 years later

- Reader: 2 Kings 8:1-6 and answer first question.
- Reader: Answer next 2 questions on verses 3 and 4.
- Reader: Answer last 2 questions on verses 5 and 6.
- Skip paragraph.

Page 69

- Reader: First 2 questions.
- Ask for other answers to those 2 questions.
- You ask the group the next question and let them answer.

The Walk from Fear to Faith

- Skip the two questions to save time to talk about the teaching section.
- Reader: Read paragraph.

Page 70

- Say 4 truths together.

Journal Your Faith Story

- You read paragraph.
- Reader: Hebrews 4:14-16.
- Ask if anyone has answer to share to the question asked.

Declare God's Faithfulness

Pages 71-73

- What grabbed their attention from the podcast teaching? Highlight what you want them to know. I had our group read the section under "Light-bearers declare God's faithfulness." We also read all the paragraphs under "The Gospel" section. Under "My Walk from Fear to Faith," I recommended they write down something they could share when given the opportunity and also to help them and their families remember.
- Pray. Use prayer prompts and remember needs already expressed.

Recommendation: Listen to a worship song such as "Whom Shall I Fear," which fits very well with this lesson.