

UNAFRAID

Trail Map
of the *heart*



God is home
Psalm 90:1

UNAFRAID

trail guide

session one

TRAIL MARKER #1:
EXPOSURE

identifying the
exposure

scripture

"I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world."

John 16:33

"God, it seems you've been our home forever; long before the mountains were born. Long before you brought earth itself to birth, from 'once upon a time' to 'kingdom come' - you are God."

Psalms 90:1

Exposure is defined as the place your fear originated.

Maybe you were bullied as a child. Or perhaps you witnessed something violent or endured something traumatic or upsetting. Perhaps you lost a loved one or experienced a difficult divorce.

Exposure is anything that creates a wound in your life whether physical or emotional.



questions

1. When did God become home for you?
2. List three trials and sorrows that introduced fear into your life.
3. What was the exposure that made you feel truly afraid?
4. Describe the situation that forever changed the way you viewed the world.
5. How did that make you feel as though maybe God turned His back on you?



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trail guide

session one

TRAIL MARKER #2:
ENEMY

scripture

"The thief's purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life."

John 10:10

"Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour."

1 Peter 5:8

also read Genesis 3:1-6

identifying the
enemy

In the Bible, Satan is clearly defined as your enemy.

Satan is the one who set himself up against God. He is set on pulling you away from God.

He whispers things that make you doubt God's goodness and care. Satan loves to use anxiety as a way to make you question the Father.

Satan uses fear as a tool to keep you from trusting God.



questions

1. List four ways you feel afraid.
2. How might the Enemy be fueling those fears in your life?
3. How does the Enemy use fear to shape your thoughts about God and the world?
4. What is the Enemy's goal for your life?
5. What is God's goal for your life?



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trail guide

session two

TRAIL MARKER #3:
FEAR

scripture

"For you are a slave to whatever controls you."

2 Peter 2:19

"Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand."

Isaiah 41:10

identifying
fear

Fear is defined as the pattern and practice of anxiety.

There are two kinds of fear: good fear and bad fear. Your instinct to run out of a burning house is good fear. But anxiety is bad fear. If you're a worrier, you have a pattern of anxiety in your life. If you are constantly nervous and fretful, you are a fear-er.

The Enemy loves to use bad fear as a tool to control you.



questions



1. Where do you see bad fear affecting your life?
2. In what ways does anxiety control your life?
3. How does worry negatively impact your relationships?
4. List four ways the Enemy seeks to use fear to control you.



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trail guide

session two

TRAIL MARKER #4:
IDOLATRY

scripture

"Therefore, my dear friends,
flee from idolatry."
1 Corinthians 10:14

"Peace I leave with you; my peace I
give you. I do not give to you as the
world gives. Do not let your hearts be
troubled and do not be afraid."
John 14:27

identifying
idolatry

Idolatry is defined as anything
that gets between you and God.

Fear becomes an idol when you
choose anxiety as a way to
manage life's unknowns.
When you feel more
comfortable preparing for the
worst or worrying about your
loved ones, you are giving fear
first place in your life.

Idolatry keeps you from a
close relationship
with God.



questions

1. Where are the areas fear is taking first place in your life?
2. What kinds of plans are you devising instead of trusting God?
3. How is fear bossing you around?
4. How is fear controlling you in regards to the people you love?



UNAFRAID

trail guide

session three

TRAIL MARKER #5: PRIDE

scripture

"Pride goes before destruction, a
haughty spirit before a fall."
Proverbs 16:18

"When pride comes, then comes
disgrace, but with humility
comes wisdom."
Proverbs 11:2

identifying
pride

Pride is defined as a
self-reliance apart from God.

Pride is the opposite of
dependence. Pride is born
out of a perception that you
understand more about
yourself and the world
than God. It is a distrust
of God's character.

Pride says you can love God
but not trust Him.



questions

1. What does pride look like for you?
2. How do you think your fears keep you safe?
3. When do you find yourself leaning into anxiety instead of trusting God?
4. In what ways do you feel successful because you are in charge of your life?



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trail guide

session three

TRAIL MARKER #6: FALL

identifying

fall

A fall is defined as what happens after you try and manage life on your own apart from God's trust.

A fall can be a literal breakdown or any time in your life when the circumstances create despondency that is overwhelming.

The Scripture states that pride comes before a fall.



scripture

"If a house is divided against itself, that house cannot stand."

Mark 3:25

"I will give them a heart to know Me, for I am the Lord; and they will be My people, and I will be their God, for they will return to Me with their whole heart."

Jeremiah 24:7

questions



1. Why does loving God but not trusting Him create a divided heart?
2. How is brokenness a blessing in your life?
3. What role does vulnerability play in recovery after a fall?
4. Why is community vital to wholeness with God?



UNAFRAID trail guide

session four

TRAIL MARKER #7:
WILDERNESS

identifying
wilderness

scripture

"Wait patiently for the LORD.
Be brave and courageous.
Yes, wait patiently for the Lord."
Psalm 27:14

"So take a new grip with your tired
hands and strengthen
your weak knees."
Hebrews 12:12

The wilderness is defined as a
time when you feel
completely bewildered.

In the wilderness, you aren't sure
how to think or act anymore. It's a
time when fear is broken off, but
you wonder how you will
live without being a fear-er.

The Enemy wants you to
loop back to the false
summit and delay
your homecoming.



questions

1. Why is the wilderness such an uncomfortable place to be?
2. What would a false summit / quick fix look like in your life?
3. Why does waiting on God's provision create the feeling you need to go and do something?
4. How is hope active and sometimes exhausting?



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session four

TRAIL MARKER #8:
TRUTH

identifying

truth

"Yet You are Holy."

Psalm 22:3

"I sought the Lord, and he answered me; he delivered me from all my fears. Those who look to him are radiant; their faces are never covered with shame. This poor man called, and the Lord heard him; he saved him out of all his troubles. The angel of the Lord encamps around those who fear him, and he delivers them."

Psalm 34:4-7

Truth is defined as a time in your life when you realize God is holy no matter what.

Truth is the thing that breaks apart and destroys Satan's plans for you. Truth is the story of how God leaves love notes all over your life, promising His rescue.

Truth is beauty for ashes in the most personal, beautiful ways.



questions

1. What love notes has God scattered **all** over your life?
2. List three life changing things God revealed to you through *Unafraid*.
3. How have your bruised hands and knees kept you from running home?
4. Write out a prayer to God thanking Him for being your Home.
5. As a former fear or, how will you share the Good News of how God has healed you?



scripture



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Psalm 90:1