

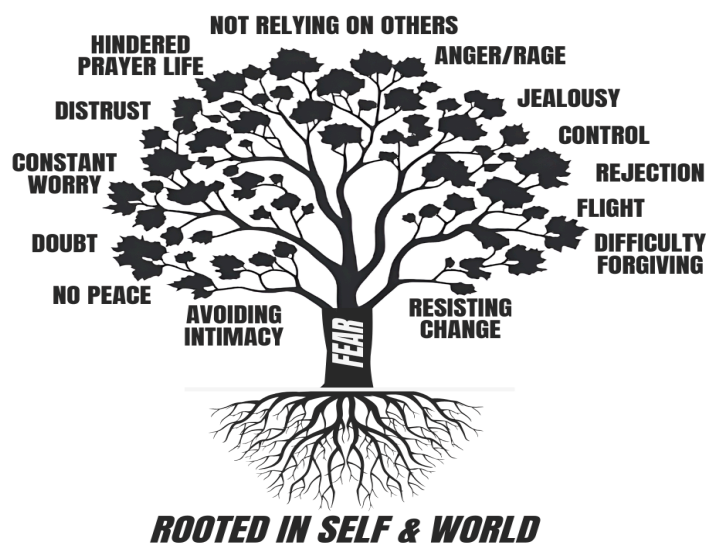
Prayer and Care: Have each person share 1 thing they are thankful for this past week and 1 thing they would like prayer for. Do your best to keep it to 1 thing. Pray for each other.

Discuss: What person do you trust the most in life? Why?

Read Mark 12:30 NIV - "Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength."

"To love is to trust; to trust is to love."

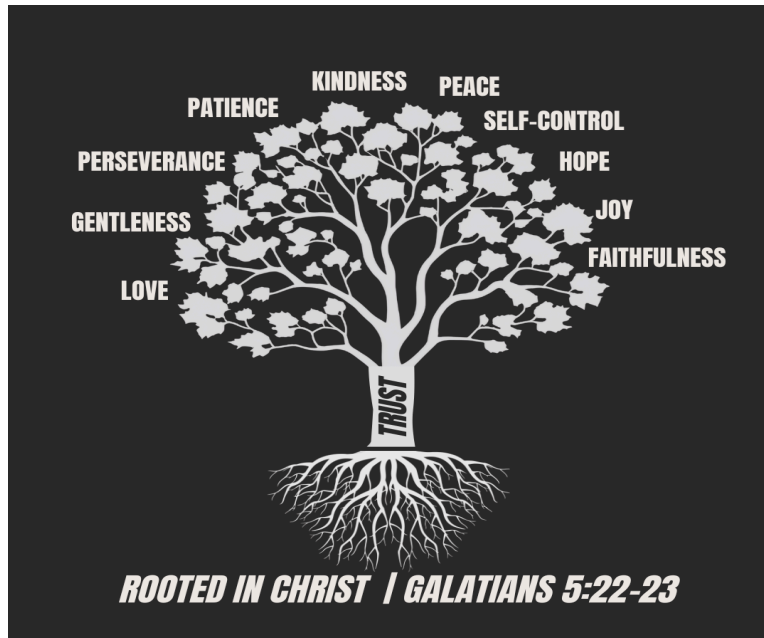
1. What does ALL mean to you?
Internal Life: Heart? Soul?
External Life: Mind? Strength?
2. Looking at the Tree of Fear, do you see any of that fruit in your life?
Where does it come from, or what is it rooted in?



3. What's your most common fear response? **Fight**- My strength. **Flight**- My escape route; **Freeze** - My paralysis, **Fawn** - My compromise
How has this response affected your relationship with God and your personal growth?
4. How much of your fear is based on reality, and how much is speculation?

5. Now look at the Tree of Trust that's rooted in Christ; which of the fruit do you see in your own life, and which one is missing? Have you asked The Holy Spirit to fill you and produce His fruit in your life?

We must yield to Him in order for Him to yield His fruit in us.



6. Isaiah 12:2 NIV - "Surely God is my salvation; I will trust and not be afraid. The LORD, the LORD himself, is my strength and my defense; he has become my salvation." What part of your life do you need to live this out most? Internal Heart & Soul, External Mind & Strength, or something else?
7. Close with this: Most of life's outcomes are unknown, we have a choice. We can live according to our fears of the unknown or put our trust and faith in God who is all knowing and promises to take care of us. What will you surrender to him?

Share how you will take action to Trust God more with the group and pray for one another.