



# TALK IT OVER

*Our Talk It Over is designed to prompt insights, questions and dialogue based on the life experience of each participant. Using these in a group setting after hearing the message is similar to the practices of the early church in Israel. Choose just one or a few of the questions to consider this week.*

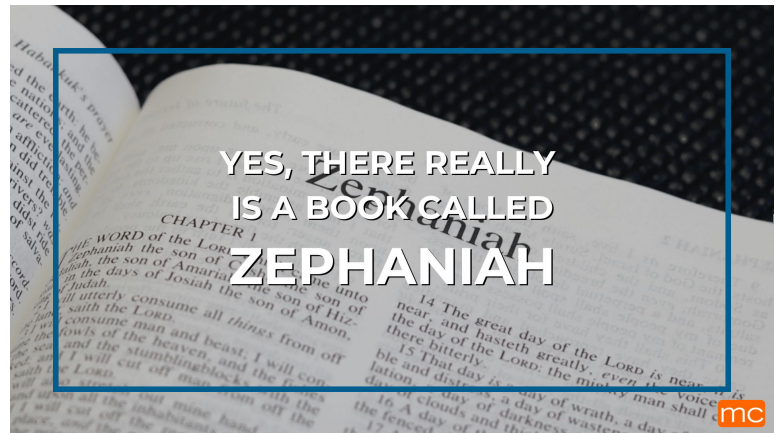
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## Warm-Up:

When you lie awake at night or feel tension under the surface, what do you tend to worry about most?

## Discuss:

1. What fears feel “always there” for you right now? Which ones quietly shape your decisions, moods, or sense of security?
2. How does fear today compare with the kind of fear people in the ancient world lived with? What feels different—and what feels surprisingly similar?
3. Zephaniah reveals three assurances: God will deal with what we fear, God can use it for good, God will act in the right time. Which of these is hardest for you to trust? Why?
4. How do you usually respond to fear—control, avoidance, anger, overthinking, or prayer? What does your response say about where you place your trust?
5. What would change if you truly believed that nothing can separate you from God’s love? How might that shift your perspective on today’s stress?
6. What might it look like to release one specific worry into God’s care this week? What would trust look like in action, not just in words?



## Apply:

Name one fear that has been quietly draining your peace. Each morning this week, say: “God, I trust that You are working in this—even when I cannot see it.” Then take one small step that reflects trust instead of fear.

## Pray:

God of peace, Help us trust that you are at work—even when we cannot see it. Remind us that your love surrounds us, your purposes are unfolding, and your timing is always right. Teach us to rest in your care, to walk in faith rather than fear, and to believe that you are working all things for good. Amen.