

# **The Pray More Healing Retreat Study Guide**

## **The Lord Delivers Us From Fear with Dr. Mary Healy**

### **Reflective Questions**

“For you did not receive a spirit of slavery to fall back into fear, but you received a spirit of adoption, through which we cry, “Abba, Father!” The Spirit itself bears witness with our spirit that we are children of God, and if children, then heirs, heirs of God and joint heirs with Christ, if only we suffer with him so that we may also be glorified with him.” —  
Romans 8:15 - 17

1. Deep down, we all have some fear of failure, of rejection, of loss. How big a role does fear play in your life?
2. Dr. Mary shares that we need to establish ourselves in the word of God, to feed on the word of God. How can you incorporate Scripture more into your life right now? Could you consider reading more every day, or choosing a verse to remember each week — placing it somewhere you will see often throughout the day?
3. There is freedom to be found when we concern ourselves first and foremost with what the Lord thinks of us, and when we recognize His opinion to be more important than those of others around us. How does this play out in your life?
4. We need to be honest about our fears with the Lord. It may be easier to try and avoid them or push away them away, but we really do need to acknowledged them and bring them to the Lord. He wants us to share them with Him. Have you been doing that lately? What has that conversation looked like?

5. Mary shared a story from her life when her and her family were worried about her father. They asked the Lord to place a word or a scripture in their hearts for them to pray over in this situation. Have you ever asked the Lord to do something similar or have you ever felt Him do that without your prompting? What did that word or scripture mean to you at that time?

6. When we let ourselves be led by fear, we can make some bad decisions. Mary encourages us to try to make decisions based on wisdom, on trust in the Lord. Is there anything that you need to make a decision on right now? How can you make that decision out of a place of trust in the Lord rather than out of fear?