



# SPX Small Groups

*Life is Better Together*

Fears that Keep You Up at Night  
Week 5: November 13  
33<sup>rd</sup> Sunday in Ordinary Time



1. If you've ever been to the Grand Canyon or another "natural wonder," what impressed you most?
2. How do you react to uncertain times and situations?
3. Read the Gospel ([Lk 21:5-19](#)).
  - a. As you read it, does it feel more like good news or gloom? Why?
  - b. Do the warning signs Jesus described (wars, insurrections, earthquakes, famines, plagues) seem rare or common? If common, why would Jesus name them as signs?
  - c. Jesus also predicts personal peril for the disciples. Do you think your faith might ever put you in peril? Why?
4. Do you ever feel that things are bad and won't get better? In just one area of life or for everything?
5. Fr. Mike described keeping your eyes on Jesus as the solution to the doom and gloom thinking we can fall into. How do you do that?
6. What advice would you give someone struggling with fear of change?
7. How does fear of change distract you from staying focused on Jesus?
8. How does focusing on the issues that deeply divide our country distract you from staying focused on Jesus?
9. As we finish up this series on fear, what action steps have you learned to help you deal with any fear that you might face? Are there any steps you know you should take but haven't? Why?