LIFE GROUP PARTICIPANTS GUIDE

Learning How to Face Our Fears

Genesis 32:1-21

Series:	Genesis
Date:	October 2026
Text Reference:	Genesis 32:1-21

Purpose of This Guide

This guide helps explore how God grows faith through fear, reassurance, testing, prayer, and gradual transformation. Jacob's story reminds us that mature faith is not the absence of fear but learning to trust God in the midst of it.

Key Text — Genesis 32:1-21 (ESV)

Part 1: Opening Questions

1. **What is a fear that tends to keep people awake at night?**

2. **When you are anxious, what is usually your first response?**

Part 2: Study Questions

SECTION A: God strengthens our faith by assurance of His care. (32:1-2)

3. **What assurances had God already given Jacob before he ever encountered Esau?**

4. **Why was the appearance of the angelic camp at Mahanaim so significant?**

SECTION B: God Tests Faith Through Difficult Encounters (32:3-8)

5. **What does Jacob's attempt to reconnect with Esau reveal about his growth and facing his fears?**

6. **What does Jacob's reaction teach us about the relationship between faith and fear?**

SECTION C: God Grows Faith Through Dependent Prayer (32:9-12)

7. **What makes Jacob's prayer such a strong model for believers?**

8. **Why is it important that Jacob prayed God's promises back to Him?**

SECTION D: God Grows Faith Gradually Over Time (32:13-21)

9. **What do verses 13-21 reveal about Jacob's ongoing spiritual growth?**

Part 3: Application Questions

10. **Discuss how unresolved sin, damaged relationships, and painful memories can distort our view of present circumstances.**

11. **Is prayer functioning more like a steering wheel or a spare tire in your life right now?**

12. What step of faith can you take this week that demonstrates greater trust in God?