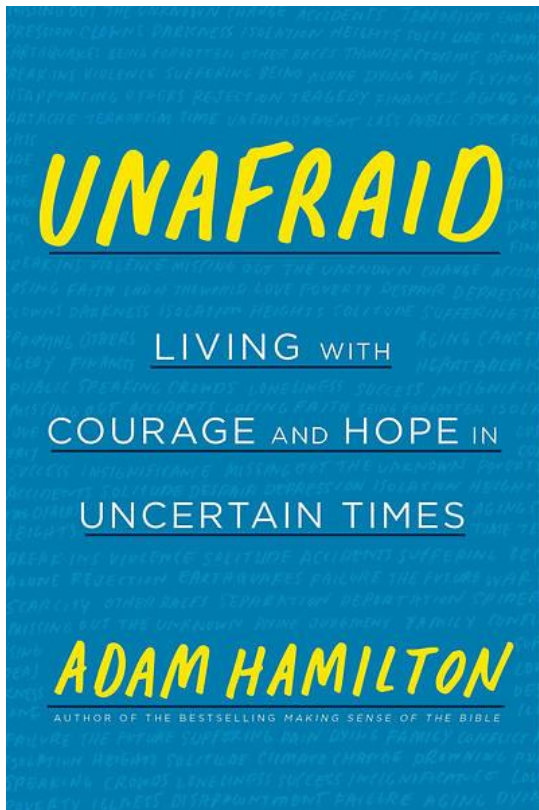


Small Groups: Book Study: Unafraid: Living with Courage and Hope in Uncertain Times



A widely admired mainstream pastor shows how people and communities can flourish as beacons of hope and serenity in an anxious age.

Truth is, a mere handful of fears work for us—fear of stepping in front of a bus, for example, or not taking care of our health. But the vast majority—fear of others, of failure, of the future—have almost no basis in reality, yet tie us in knots and steal our peace of mind. These fears, experts say, are often vestiges of primitive ‘fight, flight, or freeze’ instincts that, mostly, no longer apply. Making matters worse, our hyper fractious era of hate media, divisive politics, and multiplying natural disasters wreak havoc on our state of mind, leaving us troubled and unhappy.

Fortunately there’s abundant good news. As trusted pastor and bestselling author Adam Hamilton shows in *Unafraid*, we can escape the echo chamber of anxiety and dread. With insight, intention and faith, we can learn to overcome what oppresses us, and live with courage and hope.

Drawing on fresh research, psychology, biblical principles, and his long experience shepherding a diverse faith community in Red State America, Hamilton helps readers untangle the knots of fear and truly embrace Jesus’s recurring counsel: “Do not be afraid.” He writes with generosity and intelligence for a wide audience in accessible language that will ring

true to believer and unbeliever alike.

For anyone struggling with fear, worry, or anxiety, or who wonders how families and communities can live as peacemakers in troubled times, *Unafraid* offers an informed and inspiring message full of practical solutions.

Trusted pastor and bestselling author Adam Hamilton draws on the latest research, therapeutic insights, biblical principles, and personal experience to untangle the knots of fear and truly embrace Jesus's recurring counsel to his followers: "Do not be afraid." As a leading voice in the progressive tradition, Hamilton communicates with grace and understanding to a wide and inclusive audience in accessible language that will ring true regardless of one's religious conviction.

Adam Hamilton is Senior Pastor of the United Methodist Church of the Resurrection in the Kansas City area.

There is a leader’s guide which divides material into 5 sections.

Resource was used by _____ (Small Group) _____ (month/year)

Comments _____

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